

2022-2023 Information Packet

# Limelight Allstars

Competitive and Prep Programs





## Check out all of our amazing programs!

- Novice
  - 3-4 months, 1 performance event, once a week for one hour
- Allstar Prep
  - 8 months, 2-3 competitions, once a week for up to 2 hours
- Allstar Competitive
  - Year-Round, 4-6 competitions, 2 times a week team practice
- Allstar Competitive Elite
  - Year-round, 5-6 competitions, 3 times a week team practice, team travels to USA
- Masters/Open
  - 6 months, 2 competitions, once a week for 1.5-2 hours, age 15 and older

# ALLSTAR COMPETITIVE ELITE



DAYS PER WEEK	COMPS	TRAVEL	SKILLS CLASSES	APPROX. FEES
3	5 CANADIAN	DALLAS - NCA	INCLUDED	\$3854

Includes team training, skills class (TUMBLING), gym membership, choreography, music, competition fees (minus NCA), banquet ticket, team hoodie, practice shirt and CheerCon fees.

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Not Included: apparel, uniforms, shoes, Cheer Canada membership, OCF membership, travel fees

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- Level 3+ team
- Limited absences, including 4 weeks max all summer
- Must perform and maintain level 3+ standing & running tumbling and a jump/tumbling skill.
- Required to attend 2 workshops all season

# ALLSTAR COMPETITIVE



DAYS PER WEEK	COMPS	TRAVEL	SKILLS CLASSES	APPROX. FEES
2	6	NO	INCLUDED	\$2404-3354

Includes team training, skills class (TUMBLING), gym membership, choreography, music, competition fees, banquet ticket, team hoodie, practice shirt and CheerCon fees.

Not Included: apparel, uniforms, shoes, Cheer Canada membership, OCF membership, travel fees.

- Level 1-6 teams
- Limited absences, including 8 weeks max all summer
- Non-tumbling teams will not be required to take tumbling classes.
- Flyers must take additional classes.
- Team tumbling will be in small groups.

# ALLSTAR PREP



DAYS PER WEEK	COMPS	TRAVEL	SKILLS CLASSES	APPROX. FEES
1	2-3	NO	NOT INCLUDED	\$1254-1504

Includes team training, gym membership, choreography, music, competition fees (minus NCA), banquet ticket, team hoodie, practice shirt and CheerCon fees.

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Not Included: apparel, uniforms, shoes, Cheer Canada membership, OCF membership, travel fees

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- Level 1 teams
- Once a week
- 2-3 competitions

# NOVICE



DAYS PER WEEK	COMPS	TRAVEL	SKILLS CLASSES	APPROX. FEES
1	1	NO	NOT INCLUDED	\$625

Includes team training, gym membership, choreography, music, competition fees, practice shirt

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Not Included: shoes, Cheer Canada membership, OCF membership

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- NOVICE Teams
- Once a week for up to 4 months.
- 1 competitions/event each session

# MASTERS/OPEN



DAYS PER WEEK	COMPS	TRAVEL	SKILLS CLASSES	APPROX. FEES
1	1-2	NO	NOT INCLUDED	\$250

Includes team training, gym membership, choreography, music, competition fees, practice shirt

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Not Included: shoes

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- Age 18 and older
- Once a week for 1.5 hours
- Winter Session, starting in January
- Perfect for beginners, older athletes that love the sport and retired cheerleaders that miss it.

## **TRYOUT DETAILS**

Tryout Zoom Info Calls

March 27@ 7pm, April 24 @

7pm, May 15 @ 7pm



## **ALLSTAR COMPETITIVE AND COMPETITIVE ELITE**

MAY 16-19 TRYOUT WORKSHOPS

MAY 24-26 TRYOUTS

CURRENT AND NEW ATHLETES MUST TRY OUT.

## **ALLSTAR PREP AND NOVICE**

THERE ARE NO TRYOUTS FOR THESE TEAMS.

REGISTRATION BEGINS MAY 1ST. TEAMS BEGIN

SEPTEMBER 10.

## **MASTERS/OPEN**

REGISTRATION FOR THIS TEAM WILL BEGIN ON

DECEMBER 1, 2022. THE TEAM BEGINS JANUARY 2023.

**289-597-5463 OR**

**CHEER@LIMELIGHTALLSTARS.COM**





## Team information

### Possible Divisions and Levels:

- Tumbling Levels
  - Level 1 - Up to Walkovers
  - Level 2 - Up to Handsprings
  - Level 3 - Up to Tucks
  - Level 4 - Up to Layouts
  - Level 5 - Up to Fulls
- Non-Tumbling Levels
  - Level 2.0
  - Level 3.0
- Age Divisions
  - Under 6 - Birthyears 2016-2018
  - Under 8 - Birthyears 2014-2018
  - Under 12 - Birthyears 2010-2015
  - Under 16 - Birthyears 2006-2011
  - Under 18 - Birthyears 2004-2009
  - Open - Birthyears 2008 or earlier

### Practice Information -Exact dates and times announced after tryouts

- Novice
  - one practice each week
  - 1 hour of practice weekly
  - September through February
- Prep
  - one practice each week
  - 1-5 - 2 hours of practice weekly
  - September through April
- Competitive
  - Special practice schedule June-August
  - Regular Season: two practices each week
    - 4 hours of practice weekly
    - 1 additional hour of skills class is required. Many options to choose from.
- Competitive Elite
  - Special practice schedule June-August
  - Regular Season: three practices each week
    - 6 hours of practice weekly

# Limelight Allstars Event Info



## Important Events

- Choreography
  - Competitive Teams will be in September. Dates TBD
  - All other teams will learn during your practice starting in October
- CheerCon - September 10 Competitive and Prep Teams
- Competitions, please see the separate document - NCA - February 23-27
  - Cheer4the Cure - December 3-4:
  - Feel the Power - January 21-22:
  - Cheer Challenge - January:
  - Evo Provincials - February 18-19:
  - CheerUp4Kids - Feb 25-26:
  - Winterfest - March 4:
  - Evo Nationals - April 14-16:
- Banquet May 2023

## Red Dates

- Athletes should never miss 1 week prior to a competition
- Elite Athletes should not take a vacation during competition season, except during gym closures or more than 2 weeks before a competition

## Holidays and Time Off

- Summer
  - Competitive Elite teams may miss up to 4 weeks in the summer
  - Competitive teams may miss up to 8 weeks in the summer
  - The gym is closed August 1 and September 5
- Fall/Winter
  - The gym is closed
  - October 8-10 for Thanksgiving
  - December 23-January 6 for Winter Break
  - February 18-20 for Family Day Weekend
  - March Break - We follow York School Board Calendar

# Limelight Allstars Policies



**Attendance Policy:** Elite athletes are not allowed to miss more than 4 weeks all summer and should not miss throughout the season except when the gym is closed. This team will have very strict attendance expectations. Other comp teams can miss up to 8 weeks all summer. Throughout the season, we ask that athletes do not miss practice unless absolutely necessary. Good attendance is vital to team success.

**Injured/Sick Policy:** If an athlete is injured, 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: Concussions must be cleared by a medical expert before being allowed to practice. If an athlete is sick, we ask them to stay at home until they are symptom-free.

**Replacement/Sub Policy:** Athletes that cannot perform fully at 100% for the final 4 practices leading to the competition may be replaced for that competition. Should you be replaced for a competition, you still pay the competition fees for that event.

**Lateness Policy:** Athletes should plan on being at the gym at least 5-10 minutes before their practice, class or lesson so that they can have enough time to prepare. Multiple tardies will be a major issue and will be addressed as seriously as absences. If late for practice, athletes should plan to stay extra to make up that time individually. Always message the team coach in GroupMe if late.

**Closures Policy:** Rarely do we close due to inclement weather. Team practices will not be made up in these cases. All other closures are built into the calendar. Should a pandemic force us into closure then we will follow pandemic closure policies.

**Apparel/Practice Policy:** Athletes must wear Limelight Tops to practice, including sports bras, shirts, tanks and outerwear. Bottoms do not need to be Limelight. Cheer shoes are required and hair should be in a ponytail. NO JEWELRY OR FINGERNAILS ARE ALLOWED. (stud earrings are ok during practice but not at comps)

**Athlete Roles:** Athletes should represent Limelight Allstars in a positive manner at all times, especially while in Limelight gear.

**Parent Roles:** Parents should not coach or question coach decisions. We ask that you parent and leave the coaching to the staff. Parents should be positive forces in our lobby.

**Concerns:** Contact Limelight for any issues of concern. Limelight will not discuss a child with anyone but their own family. We are open to listening and growing.

# Limelight Allstars Payment Policies



## Perks and Rewards:

- Discounts
  - 10% Sibling Discount on team fees for 2nd child
  - \$150 Early Bird Registration for current members that register before May 15th, 2022.
  - Referral Credits
    - Novice - \$50
    - Prep - \$75-100
    - Competitive - \$150
    - Masters - \$75
- Free Open Gym to all members all season
- 5 and 10-year loyalty awards
- Current members do not pay for tryouts.

**Payment Options:** All fees in this document do not include HST. Complete Payment plans are available upon request. We accept Cash, Cheque, Debit, Visa, MC and Amex

- How to pay? (inquire for payment details)
  - Full payment option - due at time of registration
  - 3% installment fee for 4 payment option: 1st payment is due at the time of registration and the remaining 3 payments will be spread out every 2-3 months. The 1st 2 payments are weighted heavier.
  - 4% installment fee for monthly payment option. 1st payment is due at the time of registration. All subsequent payments will be spread out over the remaining months until April 2023. The first few payments will be weighted heavier

## Refund Policies:

- Requests must be in writing. Full refund up to 10 days from the first day of attendance. No refunds after 10 days from initial attendance.
- Athletes leaving our program and are on an installment plan are still responsible for all fees owed. There are no cancellations of installment payments.

# Questions? Contact us.

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289-597-5463

