



## **Competitive Program Handbook**

Competitive Season: May 2019 – April 2020

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

Early Bird Registration – March 1-15

Pre-Registration – April 1-15

Registration – May 1 onward

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



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

**Vaughan Address**

7700 Keele St Unit 8A

**Newmarket Address**

17075 Leslie St

## 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 1 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 2019-20 concussion policy. All parents and athletes should familiarize yourself with all our concussion protocol, rules and guidelines.

Returning Athletes with NO history of concussion during the 2018-19 season, can use their baseline from 2018. The baseline must be on file with CCMI.



## 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

- 2 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, apparel and program fees.
- 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 team athletes receive FREE open gyms.

**Early Bird Registration** – March 1-15, 2019. Current Members willing to pay in full for the season can register during this time. Save \$200 on Registration Fees.

**Pre-Registration** – April 1-15, 2019. Current Members can register during this time. Full payment and monthly payment plans are accepted during this time. Save \$100 on Registration Fees.

**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.

**Tumbling classes** – Returning members will receive a 25% discount on monthly tumbling classes.

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

## 2019-20 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 ***Intl athletes must have a Back and Front Walkover	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 Full/DbI  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/DbI  Specialty to Full/DbI
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.
3. **Maxed out athletes have mastered all tumbling skills in their level from the above chart.**

## 2019-20 Competitive Allstar Cheerleading Teams

Competitive and Prep Athlete Ages are determined by how old you are on August 31, 2019.  
International Team Athlete Ages are determined by how old you are on December 31, 2020.

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Team Name	Program	Level	Camps
Flash	Worlds	6	June 29-30 all day in London, Aug 16-18 6-9pm
Hype	Worlds Non-Tumbling	6.0	June 29-30 all day in London, Sep 21 4-9pm. Sept 22 9am-12pm
Wildfire	Competitive - Intl	3	June 15-16 1-4pm, Aug 16-18 6-9pm
Neon	Competitive - Intl	2	June 15-16, 9am-12pm Aug 19-21 6-9pm
Strobe	Competitive - Intl	1	June 15-16, 9am-12pm Aug 19-21 6-9pm
Diamond	Competitive	4.2	June 15-16 1-4pm Aug 22-24 6-9pm
Silver	Competitive	2	June 15-16, 9am-12pm. 25-27. 6-9pm
Shimmer	Junior Prep, Age 7-14	2	Sept 22 11:00am-4:30pm, Sept 22 9am-12pm
Sparkle	Tiny Prep, Age 5-6	1	N/A
Glitz	Mini Prep, Age 7-8	1	N/A
Glitter	Youth Prep, Age 9-11	1	N/A
Black	Junior Prep, Age 5-14	1	N/A
Glow	Senior Prep, Age 12-18	1	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.**

- All teams must take tumbling (except Hype and Prep teams)
- All teams will expect to travel should we make Summit or Worlds.
- Any athlete that misses more than 4 weeks of summer, must take a Mandatory training camp on August 24-25. Additional fee of \$150, plus hst.
- Athletes are required to attend training and choreography camps.



Team Name	May/June Day 1	May/June Day 2	Summer Day 1	Summer Day 2	Regular Season Day 1	Regular Season Day 2	
Flash	Mon 7:45-9:45	Wed 7:45-9:45	Mon 7:45-9:45	Wed 7:45-9:45	Mon 7:45-9:45	Wed 7:45-9:45	
Wildfire	Mon 7:45-9:45	Wed 7:45-9:45	Mon 7:45-9:45	Wed 7:45-9:45	Mon 7:45-9:45	Thu 7:45-9:45	
Neon	Mon 6:00-8:00	Wed 6:00-8:00	Mon 6:00-8:00	Wed 6:00-8:00	Mon 6:00-8:00	Wed 6:00-8:00	
Strobe	Mon 6:00-8:00	Wed 6:00-8:00	Mon 6:00-8:00	Wed 6:00-8:00	Mon 6:00-8:00	Wed 6:00-8:00	
Hype					Wed 7:45-9:45	Sun 7:45-9:45	
Diamond	Tue 7:30-9:30	Thur 7:30-9:30	Tue 7:30-9:30	Thur 7:30-9:30	Tue 7:30-9:30	Sun 2:00-4:00	
Silver	Tue 6:00-8:00	Thur 6:00-8:00	Tue 6:00-8:00	Thur 6:00-8:00	Tue 6:00-8:00	Sun 4:00-6:00	
Sparkle					Sat 9:00-10:00		
Glitz					Sat 9:00-10:30		
Glitter					Sat 9:00-11:00		
Black					Tue 6:00-8:00		
Glow					Sat 11:00-1:00		
Shimmer					Thu 6:00-7:30		Sat 11:00-12:30

## Holiday Schedule:

Holiday/Event	Dates
Victoria Day	May 20, 2019
Canada Day	July 1, 2019
Civic holiday	August 5, 2019
Summer Break	September 1-6, 2019
Thanksgiving Weekend	October 11-14, 2019
Winter Break	December 20, 2019 – January 3, 2020
Family Day Weekend	February 14-17, 2020
March Break	March 14-20, 2020. 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.

## 2019-2020 Competition Information

Date	Event	Location	Teams
Nov 2	GLCC – Kalahari	Sandusky, OH	Neon, Strobe
Nov 9	Cheer Evo Fall Classic	Mississauga, ON	Wildfire, Diamond, Flash, Silver
Dec 1	Coastal	Brampton	Wildfire, Neon, Strobe,
Dec 7-8	Cheer for the Cure	Oshawa, ON	Flash, Diamond, Silver
Jan 18-19	Feel the Power	Hamilton, ON	Wildfire, Neon, Strobe, Flash, Hype, Diamond, silver
Feb 1	JamFest	Mississauga, ON	Wildfire, Silver, Hype
Feb 15-16	Cheer Evo Provincials	Kitchener, ON	Flash, Hype, Shimmer, Diamond, Neon, Strobe
Mar 7	OCF	Markham, ON	All Prep Teams
Mar 13-15	Kicks Celebration	Montreal, QB	Hype
Mar 29	Cheer Up 4 Kids	Stouffville, ON	All Prep Teams
Mar 29	Marquis Event	Stouffville, ON	All teams
Apr 4-6	Cheer Evo Nationals	Niagara Falls, ON	Wildfire, Neon, Strobe, Diamond, Flash, Hype, Silver
Apr/May	Worlds	Orlando, FL	Flash, Hype – approx. \$1500-2000
May	Summit	Orlando, FL	Any team getting a bid – approx. \$1500-2000

**Dates are subject to change and event prices may vary.**



## FLYERS

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### New for 2019-20

**Flyer Tryouts** - May 9 from 6pm-8pm. Any athlete at any level (prep not included), wishing to be a flyer, must attend this tryout. What will be evaluated:

- Flexibility and air positions
- Level appropriate ability on stunts and dismounts
- Any Flyer that cannot attend this date due to **US Finals** should get assessed during one of the workshops.

**Flyer workshops** – Prior to flyer tryouts, we will hold 4 workshops. If you wish to move up levels, or begin your journey as a flyer, then we suggest coming to these workshops. They are not mandatory. We will provide bases for you to stunt. Come to 1 workshop, or come to all, it is up to you. If you are a base that wants to improve your skills, then come to the workshops too.

- April 14, 21, 28 and May 5
- All levels 1-2:30pm
- \$25, plus hst per workshop

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

### Flyer Training –

- all Flyers must attend 2 flyer workshops at no cost
  - Sept 20 6-8pm
  - Sept 27 6-8pm
- All Flyers must take 5 flyer training sessions \$25, plus hst. Fridays 6-7:30

**How do I opt out of Flyer Training?** If a flyer has excellent air positions and can maintain all positions in a 1-leg stunt with ease, they may opt out. Air positions that must be mastered include the following:

- Heel Stretch on both legs
- Bow and Arrow
- Scorpion
- Scale
- Spike

Flyers will be assessed in early September to verify if they can opt out of training.

## TUMBLING

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### New for 2019-20

**Tumbling** – All competitive athletes must take tumbling classes. Prep and Worlds Non-Tumbling athletes are not required to take tumbling classes but may opt into tumbling classes at any time.

Tumbling classes are 55 minutes in length, 4 classes per month and \$79 per month. Returning members receive a 25% discount on tumbling classes. Tumbling fees are not included in your team fees.

- **Classes will be mandatory Sept 1 - March 31, 2020**
- There are no breaks in tumbling fees for missed classes

**How will I be placed in a tumbling class?** – There will be multiple classes to choose from and they will fill quickly. Early registration will more likely secure the class of your choice.

- First, select the class for your current level, not your desired level.
  - If you are on a level 4.2 team, but have level 1 skills, you should take a level 1 tumbling class.
  - If you have a mental block, then you should take the class that you can successfully perform skills on your own.
- Second, master all elements of your current level to move up levels

#### Missed Tumbling Class policies

- There are no make-up classes if the athlete misses a class
- Should the gym cancel a class, then there will be a make-up class provided.

**Lost Skills:** We expect athletes to maintain all skills they had at the 1<sup>st</sup> practice. Athletes that lose skills throughout the season may be removed from their team.

**Can I opt out of tumbling classes?** If an athlete is maxed out at their level, they can opt out at any time. See page 5 for level skills and definition of maxed out.

**How do I cancel (opt out of) tumbling classes?** Tumbling classes require a 30-day cancellation notice that must be submitted in writing via email.

## 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. 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 2 hours before compete time and stay for awards.

### Apparel Policy:

**Registration.** Each athlete will receive a practice T-shirt that can be worn to all practices.

**Team Practice:** All athletes must wear LCA 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 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 only must be worn for awards. **This year, worlds teams will wear BLACK cheer shoes at competition. All other teams will wear white shoes.**

**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.

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## 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.**

- **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
- **Summer Practice** – Competitive athletes are required to attend practices all summer. Should an athlete miss more than 4 weeks of summer practice (July-August), they must attend a 2-day camp on August 24-25. We understand families travel during the summer, so we are more relaxed during these months. However, all camps are Mandatory.
- **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.



## 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)

Program	Registration Fees	Team Fees
Worlds	199	1999
Worlds Non-Tumbling	199	1499
Competitive	199	1899
Prep Level 2	149	1299
Prep Level 1	149	799

- Registration Fees include practice T-shirt, Ontario Cheerleading Federation membership, Limelight Membership, and Free open gym all season. **Competitive athletes receive an annual membership to Cheer District.**
- Team Fees include team training, choreography, skills camp, choreography camp, music, coaching fees.
- Apparel fees must be paid no later than July 1<sup>st</sup>. Included in apparel package is competition uniform and bow, Practice shorts, sports bra. **Male athletes receive a \$50 reduction in these fees. Prep teams will only receive competition top, bottoms and bow.**
- Competition Fees will be available for purchase August 1<sup>st</sup> and must be paid no later than Sept 1<sup>st</sup>. These fees include all event registration fees, coach fees and any admin fees. Travel fees such as lodging, transportation and spectator fees are not included in the above fee chart.
- Other Fee information. Costs are approximate and do not include tax
  - Tumbling Classes** See page 12. \$79 per month. 25% discount for returning members
  - Uniform** – Prep \$150, Competitive \$400-450. Male athletes \$350-400
  - Competition Fees** – Prep \$100-150. Competitive \$625, \$675 for Worlds athletes.
  - Summit and Worlds** Registration Fees and Travel fees are not included. \$1200-1500
  - 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.
  - Pro-rated policy – There is no pro-rated fee. All fees fully apply regardless of start date.
  - There are no breaks in fees during the summer months.
- Make-up Camp – If an athlete misses more than 1 month of summer training, the fee is \$150-, plus hst

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### Team Fees can be paid using 2 easy payment options:

- Full Payment
- Monthly Installments. Paid on the 20<sup>th</sup> of each month from date of registration to April 20<sup>th</sup> 2020.  
Team Fees only

\*\*There are no installment fees for payment options

WE OFFER A FULL REFUND IF WITHDRAWING FROM PROGRAM IN 1<sup>ST</sup> 10 DAYS AFTER REGISTRATION OR FIRST PRACTICE. THERE IS NO REFUND AFTER THE INITIAL 10-DAY GRACE PERIOD.



## 2019-2020 Team Placement

Coaches have pre-assessed all current athletes as of March 1<sup>st</sup>. An athlete has until May 1<sup>st</sup> to get re-assessed by any coach should their ability level change. Team placements will begin on May 1<sup>st</sup> and announcement of teams will occur by May 5, 2019

1. Returning members will be assessed by your coaches using the following criteria
  - a. Tumbling – Your coach will list all skills that you have accomplished with proper form.
  - b. Stunts – Your coach will rate your ability as a base, back spot or flyer. Front spots will not be calculated in the assessment. If you are a front spot, you will need to demonstrate your stunt ability to your coaching staff.
  - c. Other traits will help determine your placement: team work, dedication, mental toughness, maturity, and other individual factors deemed necessary.
2. Prep Teams
  - a. Level 1 Prep athletes do not need to be assessed. Simply register at any time.
  - b. Returning prep athletes wishing to be on Level 2 prep must get coach assessment prior to registering. The requirements for level 2 prep are 1 level 2 tumbling skill or proper level 2 stunting skills.
3. Competitive Teams – athletes should have 1 standing and running tumbling skill from the chart on page 5
  - a. Athletes that do not meet the tumbling requirements should excel in level stunts.
  - b. New athletes must arrange a private assessment and pay a \$35 assessment fee. Private assessments can be done Monday-Thursday from 5-9pm. Please contact us to arrange a convenient time for you. Assessments take about 20-30 minutes. Parents must be in attendance. Private assessments may be as an individual or with a small group of friends.

\*\*\*Team placements may change at any time. We may combine teams or move athletes to other teams at our discretion. We would like to have teams of 20 or more athletes and will try not have teams with fewer than 16 members, except prep teams.

Teams begin practice on the following dates.

- Flash, International and Elite Teams – May 13, 2019
- Hype – September 8, 2019
- Prep Teams – September 9, 2019





## 2019-20 Registration Info

### Early Bird Registration – March 1-15. Full payment only.

Choose the program you wish to register for: Prep or Competitive

- You will **not** register for a specific team or level at this point, simply the program.
- You will pay registration fees and team fees only at this time.
  - Prep base fee is \$948.00, plus hst
  - Competitive base fee is \$1698.00, plus hst.
  - Once team placements occur in May, we will invoice you for the difference for your team.
- All competition fees and apparel fees will be invoiced later.
- You will receive a \$200 discount for registering at this time.

### Pre-Registration – April 1-15, 2019. Any payment plans.

Choose the program you wish to register for: Prep or Competitive

- You will **not** register for a specific team or level at this point, simply the program.
- You will pay registration fees and team fees only at this time.
  - Prep base fee is \$948.00, plus hst
  - Competitive base fee is \$1698.00, plus hst.
  - Once team placements occur in May, we will invoice you for the difference for your team.
- All competition fees and apparel fees will be invoiced later.
- You will receive a \$100 discount for registering at this time.

### Regular Registration – May 1 onward. Open to any athlete and any payment plan.

Anyone registering at this time should have an assessment from one of our coaches prior to registering.

- You will pay registration fees and team fees only at this time.
  - You will pay for the team and program you at this time
  - You should be assessed prior to registration and provided with a code to register for your team
- All competition fees and apparel fees will be invoiced accordingly.

