



2023/2024
SEASON 9



All-Star Cheerleading

RECREATIONAL

NOVICE

PREP

PREMIER

Elite

Recreational - 10 weeks

Tiny
Ages 3 - 4
30 mins/wk

\$110 + GST

Mini
Ages 5 - 7
45 min/wk

\$140 + GST

Youth
Ages 8 - 12
60 min/wk

\$180 + GST

Fall, Winter and Spring sessions

Recreational classes are for athletes new to the sport of cheerleading who want to make sure it is right for them before committing to a team. If participants enjoy the classes they are encouraged to sign up for our Prep or Premier teams. During these classes we help athletes develop basics of stunting, jumps and tumbling. These classes allow for individuals to learn new skills, develop tumbling abilities and find a love for the sport.

There is an additional \$40 annual insurance fee. This fee covers your athletes insurance from August 1st to July 31st. With insurance they can participate in any additional tumbling camps, open gyms, or clinics.

All-Star Cheerleading

AGE GRID

We follow the Cheer Canada Age Grid

DIVISION	BIRTH YEAR
U6	2017-2019
U8	2015-2019
U12	2011-2016
U16	2007-2012
U18	2005-2010
OPEN	2008 earlier

Season 9 Teams

LEVEL 1	Sparkle U6 Novice
	Glimmer U6 Prep
	Starburst U12 Prep
	Flare U16 Prep
	Glow U8 Premier
	Blast U12 Premier
LEVEL 2	Nitro U12 Elite
	Flash U16 Elite
LEVEL 3	Vortex U16 Elite
LEVEL 4.0	Velocity Open

All Star Cheerleading

We offer Many Programs for all ages and levels!

	All-Star Novice ½ year	All-Star Prep	All-Star Premier U6	All-Star Premier U8 +	All-Star Elite U12 +
Season	Sept - Dec Jan-Mar	Sept - March	Sept - April	June - April	June - April
Practice	1.5 hrs/wk	2 hrs/week	2.5 hrs/wk	4.5 hrs/wk	5.25 hrs/wk
Uniform Estimated	\$65 + GST	\$190 + GST	\$425 + GST		
Comps	1-1 Day Within AB	2 - 1 Day Within AB	3 - 1 Day Within AB/SK	2 - 1 Day 2 - 2 Day Within AB/SK	2 - 1 Day 2 - 2 Day 1 Major Travel event

Making The Team

Evaluations - \$15 + GST

- Athletes wishing to be on a Premier or Elite team must go through out evaluation Process.
- Evaluations will take place on:

Wednesday, May 24th

Birth Year

2015-2017	4:30-5:30	2014 - 2011	5:30-7:00
2010-2007	7:00-8:30	2006+	8:30-9:30

June Training- \$95 + GST

- Athletes will then be placed in a levelled training group for the month of June.
- Athletes may be asked to train in multiple different groups depending on their development throughout the month.
- At the end of the Month we will Create our Premier and Elite Teams.

Tuesdays

2017-2011 - Lvl 1	5:00-6:30
2012-2007 - Lvl 3	6:30-8:30

Wednesdays

2016 - 2011 - Lvl 2	5:00-7:00
2012 - 2007 - Lvl 2	7:00-9:00

Novice 1/2 year

Our Novice Program is a 1/2 year program, perfect for those who want to just try it out. Our focus is on the fundamentals of the sport, to allow athletes to develop the proper strength, stability and mentality required to perform the sport safely.

Ages 3-12

Registration Fees: \$200

Monthly Tuition

**NO EXPERIENCE
NEEDED**

	1st	2nd	3rd	4th
Tuition	80	80	80	80
Assessment fees	96	96		

Uniform: \$65 (DUE Sept.15th, January 15th))

Performance

Performance	Location	Date
Showcase	Medicine Hat	Dec 2nd
Finally	Medicine Hat	April 20th

Our Novice teams train for 1.5 hours/week.

Teams runs from September -
December/January-March

Prep

Our Prep Program is the next step into the cheerleading world. Our prep program is our pre-competitive program. Here athletes learn and develop a routine where they compete in front of a crowd and judges.

Registration Fees: \$268

Monthly Tuition

	Sept	Oct	Nov	Dec	Jan	Feb	Mar
Tuition	115	115	115	115	115	115	115
Assessment Fees	88	88	88				

Uniform: \$200 (DUE Sept.15th)

Competitions

Competition	Location	Date
Imagine	Calgary	Feb.3/4
Showdown	Calgary	March 23

Prep teams train one hour twice a week
Season begins in September and ends at the
end of March

**NO EXPERIENCE
NEEDED**

U6 All-Star Premier

This program is for athletes ages 5-7 who want to be more competitive. These athletes learn a routine and attend 3 competitions throughout the season.

Registration Fees: \$268

Monthly Tuition/Assessment fees

	Sept	Oct	Nov	Dec	Jan	Feb	Mar
Tuition	135	135	135	135	135	135	135
Assessment Fees	85	85	85	85			

Uniform: \$200 (DUE Sept.15th)

Competition fees

Competition	Location	Date
New Era	Red Deer	Dec. 9
Imagine	Calgary	Feb 3/4
Showdown	Calgary	March 23rd

Train 1.25 hours/practice, twice a week.
Season begins in September and ends at the end of April.

**NO EXPERIENCE
NEEDED**

Premier All-Star

Our Premier All-Star Programs are our full Competitive teams . These Teams teach teamwork, dedication, commitment, trust and are developed to showcase the skills of our athletes.

MUST ATTEND EVALUATIONS/JUNE TRAINING

Registration Fees: \$268

	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar
Tuition	110	190	190	190	190	190	190	190
Assessment Fee	130	130	130	130	130			

Uniform: \$425 (DUE Sept.15th)

Competitions

Competition	Location	Date
New Era	Red Deer	Dec 9th
Imagine	Calgary	Feb 3/4
True North	Edmonton	Mar 2/3
Showdown	Calgary	Mar 23

Our Premier Teams train 3 times a week. They participate in Levelled Training in June and then competitive Season is August-April.

Elite All-Star

Our Elite All-Star Programs are our Travel teams. These Teams teach teamwork, dedication, commitment, trust and are developed to showcase the skills of our athletes.

Registration Fees: \$268

	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar
Tuition		125	214	214	214	214	214	214	214
Assessment Fees	175	175	175	175	175	175			

Uniform: \$425 (DUE Sept.15th)

Competitions

Competition	Location	Date
New Era	Red Deer	Dec 9
Imagine	Calgary	Feb.3/4
True North	Edmonton	March 2/3
Rise Up	Edmonton	March 15/16
Evo Nationals	Niagra Falls	April 12/14

Train: Levelled training in June, One day a week in August and 3 Days a week Sept - April. This teams partake in one Major travel event!

Fundraising will be done to support team event!

What do Tuition.Assesment Fees Include:

- Insurance
 - ACA Membership
- Cheer Canada Membership
 - Practice Shirt
 - Admin Fees
 - Club fees
- Professionally Edited music
 - Competition Fees
 - Choreo Fees
 - Training Fees

What They Do Not Include:

- Travel/Hotel Costs
- Spectator admission to events
 - Uniform
 - Shoes
 - Jacket
 - GST

Crossovers & Individuals

CROSSOVERS

This year we will be allowing crossovers.

A crossover is when an athlete competes on two teams. As we ease into this concept athletes will only be allowed to participate in 2 teams, this includes individuals.

Premier Crossover Fees - \$700

Elite Crossover Fees - \$850

INDIVIDUALS

Individual tryouts will be held in July. Fees will be \$60/month. Assessment fees - \$225

Individuals are meant for athletes looking to advance their skills past the level of the team they are competing on.

Individuals will begin training in August and go until March

- Individuals will attend New Era - Dec. 9th

Imagine - Feb. 3 & 4

Rise Up - March 25

All Star Cheerleading

Uniforms:

Uniform includes: shorts, top, bow. We are starting “Year 1” of our uniform cycle. All Premier and Elite Athletes are required to purchase a club jacket.

Travel Fees:

If you do not intend to make the financial commitment associated with travelling with the competitive teams, do NOT register for a competitive team. Traveling is a MANDATORY commitment for our competitive programs, carpooling is encouraged. We will be offering recreational programs and novice teams that do not travel or have minimal travel, therefore do not involve the same expense.

Payment Method:

All payments are to be done through our online registration system. There will be a \$200 quit fee applied to your account if you quit after regular season commences and choreography camp has been completed. This is to cover for choreography of a new routine.

Team Training

All Team Training is MANDATORY. Missing a practice affects not only you, but the entire team. View attendance policy for full details.

Competition & Performance Information

ALL Competitions are MANDATORY!!!!

Athletes MUST be in attendance the week heading into each competition. If your athlete is not present the week of competition, they will not be able to compete as it is overwhelming and stressful for the athletes to mentally and physically prepare for the event.

Competition Uniforms - Athletes must come prepared for the event. Must be in full uniform. Absolutely NO Jewelry!!! No earrings, necklaces, bracelets, as these are not allowed on competition floor. Athletes must have UCF Cheer Shoes. There is no need to bring any bags, water bottles, or clothing into warm-up area, please leave it with parents.

We will have a December Showcase and an April Season Finale for athletes to perform for all their friends and family that are unable to attend the big events!!!

The competitions stated for each team are the ones we are considering participating in this upcoming season, we will be sending an email at beginning of season with more detailed information.

These are to the best of our knowledge, and are subject to change

Gym Holidays & Important Dates

GYM CLOSURE DATES - The gym is **CLOSED** during the following dates and no regular practices will be held: we are closed all Statutory holidays.

October 9 (Thanksgiving)

November 11 (Remembrance Day)

December 22-27 (Christmas)

December 30- Jan 2(New Years)

February 17-23 (will offer optional camps)

March 29- April 4 (Easter)

Choreography camp for U12+ Premier/Elite Teams

Choreography camp is mandatory for these teams, if your athlete is not present they will not be choreographed into the routine.

TBD

(End of Sept/beginning of Oct)

ALL DATES ARE TENTATIVE, FINAL SCHEDULES WILL BE SENT OUT AT BEGINNING OF SEASON!!!

Fundraising Opportunities

Fundraising events are made available for families to help offset costs of uniforms, gym fees and to help raise money for additional training equipment. All fundraising is split between athletes and the gym. (Exception being concessions, Co-op cards - 100% goes towards families that participate)

All fundraising will stay in athletes accounts, to help make cheerleading more affordable. You are not able to participate in any fundraising events if you have an outstanding account. If you choose to leave the gym your fundraising will not be refunded, it will get transferred to purchase new equipment.

We also accept both Kidsport and Jumpstart. Both of these programs have online applications and will direct deposit to the gym. The process is roughly 2 - 3 months, we will not credit your account until the money has been deposited into gym account. We encourage all families that are considering applying to do so, there is no harm in trying, worst they can do is say "sorry, no".

Jumpstart -

<https://jumpstart.canadiantire.ca/content/microsites/jumpstart/en/apply.html>

Kidsport - https://kidsport.smartsimple.ca/s_Login.jsp

Participant Responsibilities and Policies 2022/23

A. Attendance

1. All practices are considered mandatory. The safety and preparation of our teams must be respected. Cheerleading demands teamwork and dedication from team members. The coaching staff reserves the right to remove team members from a performance and possibly the team if practices are missed.
2. Excused absences for practices are death in the family, sick with a contagious illness, family vacation (1 month's written notice). Examples of unacceptable excuses for missing practice are being sick and not contagious where the athletes can still watch and not participate, transportation issues, parties, work, homework, etc. We only ask for roughly 4 hours a week to be spent in the gym. This is the perfect opportunity to help our students/athletes/children to learn time management and how to prioritize.
3. Athlete will be removed from performance of any event, if missing any practice the week before the event.
4. Athletes must come prepared for practice/competition and arrive on time. On time is dressed appropriately, hair up, and shoes on ready to hit the floor at start time, not walking through the door at scheduled start time. Athletes are required to bring a water bottle. Athletes who arrive late 2 times will be given a warning (parent and athlete), 3rd time may result in removal from all stunts. If it continues potential removal from the team.
5. Refunds will not be given for missed practices. No make up classes.
6. A full commitment to attend ALL competitions as scheduled is necessary. Failure to attend may result in removal from stunts groups, routine and possibly program.

Participant Responsibilities and Policies 2022/23

B. Gym Rules

1. Athletes must wait for their practice to commence before accessing equipment, and putting water bottles away.
2. No use of equipment is permitted unless under the supervision of their coach.
3. Only UCF coaches may spot tumbling.
4. No food, or beverages are to be consumed on the gym floor or training area and this includes chewing gum, candy and water. Tim Hortons, Slurpees, pop are not acceptable beverages for training in a competitive sport. These will not be allowed past the front desk.
5. No parent or sibling is allowed on the gym floor or training area.
6. All injuries must be reported to your coach immediately no matter how insignificant the injury seems and/or whether or not it is cheer-related.
7. Cheerleaders must wear appropriate clothing and clean indoor cheerleading shoes.
8. Hair must be tied back and away from the eyes.
9. Absolutely NO jewelry may be worn to practices or competitions

Participant Responsibilities and Policies 2022/23

C. Conduct Expectations

1. Challenging the authority of the coach or person in charge, by the athlete or parent may be grounds for dismissal.
2. When traveling, athletes must maintain the highest standard of behavior at all times. No smoking or use of drugs. This warrants IMMEDIATE dismissal from the program.
4. Directors and coaches have the right to excuse an athlete at any time for unacceptable behavior including (but not limited to): unsportsmanlike conduct towards teammates and other teams, smoking, bullying, drug use, breach of policies etc.
5. No member (athlete or parent) will post any negative comments directly related to Ultimate Cheer Fusion, its members, staff or coaches on any chat board, blog or any other media. Nor shall any member post negative comments regarding any other team/club. Athletes or parents shall not post routines (i.e. Youtube or Facebook) before the first competition has occurred.
6. No members (Athletes or Family members) shall talk negatively about UCF/Slander the gym name. If you are unhappy please bring to our attention. NO need to GOSSIP and spread rumours. In Doing so the gym has the right to remove family from program.
7. No members shall post pictures of any member while in uniform or in practice gear that would reflect poorly upon the program, or the individual.
8. Athletes and parents may NOT use the UCF logo or name in the production of any clothing items, bags, etc.

D. Parental Obligations

1. Parents are responsible for discussing these rules and ensuring their child is following them at all times.
2. Parents need to ensure their child is in attendance and on time to all practices, competitions and events.
3. Parents will communicate with coaches if the athlete is going to be late or absent.
4. Parents will not slander our gym, coaches, athletes, or other members of the gym. If a situation is brought to our attention, we will deal with parties directly. We will continue to try and keep this a drama free facility.
5. Parents must fulfill all financial commitments. (Athletes with overdue accounts WILL be asked to sit out of practice until all accounts are settled.)

E. General

1. A \$25 surcharge will be assigned to any payment that is returned NSF. Repeat offenders will be required to pay with cash in advance.
2. Payments: Everyone will have a credit Card on file, failure to pay your fees by the 8th of the month will result in a charge to your card with a 5% fee added
3. Refunds & Membership Cancellation:
 - All intentions to withdraw from the program must be done in writing to: Ultimatecheerfusion@gmail.com
 - There are no refunds on the Registration Fee after the first practice has taken place. If withdrawing from the program before the end of the first practice, a full registration fee refund minus a \$100 administration/insurance charge will be given. Monthly fees will cease for the following months.
 - Competition fees are non-refundable...
4. Monthly fees will be refunded for the following months after a 30-day notice to withdraw from the program has been made in writing.
5. There are no refunds on uniforms, clothing, shoes, etc. once they are ordered.
6. All valuables should be kept at home. Ultimate Cheer Fusion assumes no responsibility for lost or stolen articles.