

Participant Handbook



2019 - 2020

Welcome to Ultimate Cheer Fusion a program where we strive to build a positive team atmosphere and a dynamic yet structured training environment. Please read over our handbook carefully to learn more about our cheer and tumbling programs. There are programs available for every age and ability.

Ultimate Cheer Fusion had an outstanding year last season. Our athletes learned and developed their skills very quickly and safely and proved that they are strong and committed athletes. We are now heading into our sixth season and looking forward to becoming a strong force in Alberta's cheerleading community. Our program provides an opportunity for athletes of all ages and abilities to be challenged in a cooperative, positive, and safe family environment. Fusion athletes have an opportunity to develop social and emotional skills in respect, trust, leadership, commitment, punctuality, responsibility, independence, and teamwork as well as many other valuable life skills. We are excited to grow into our own family and community and look forward to meeting and working with you!

Ultimate Cheer Fusion is going into our 6th year running as a Competitive program. We are committed to providing quality training in a safe and positive environment for all ages and abilities. This year we will be doing team placements which will allow us to create age and level appropriate competitive teams to allow for everyone to have the best experience in cheerleading. This provides an opportunity for new athletes to have a safe entry point into the sport, as well as experienced athletes to be challenged.

We are also offering novice teams, prep teams, premier teams and elite travel teams. We also offer a recreational program which allows for children in our community to test out the sport before committing to a competitive program. On these teams our athletes will learn the fundamental skills of cheerleading, this include stunting, jumps, motions and tumbling; all while choreographed to counts. As interest in our club grows our programs will as well. We look forward to adding more competitive and non-competitive teams, tumbling classes, indoor playground, adult fitness zone/classes, and much more to come.

Facility

Ultimate Cheer Fusion is in our very own training facility. This allows for our athletes to practice on a 9 mat sprung floor, which provides a safe and appropriate environment. There are additional training aids available for the use of learning new skills, this includes incline mats, landing mats and much more. Our goal is for our athletes to learn new skills in the safest way possible.

Address: 1245 Brier Park Dr NW, Medicine Hat, T1C 1T1

Experienced Staff

The staff at Ultimate Cheer Fusion are experienced, credentialed and enthusiastic leaders in the sport of All-Star Cheerleading. Most of all, they love to work with athletes of all ages. Our coaches strive to provide a safe and enthusiastic environment for our athletes. At Ultimate Cheer Fusion, every team at every age grouping and level is important. Experienced coaches staff all teams. Ultimate Cheer Fusion works towards growing cheerleading in our community and will work with potential coaches to become the best they can be.

Our Junior coaches will be running our prep teams and recreational classes. They have also participated in training clinics within the club to allow for fun and safe cheerleading. We have a few new coaches in our program this year who will be certified. These coaches will be working with all our programs.

What Programs do we offer?

Recreational Cheerleading

We offer 10 week recreational sessions. During these classes athletes develop individual tumbling skills, basic stunting, and jump skills. This program does not compete, travel or perform. They do not need shoes or a uniform. This is a great class to take if you are thinking about becoming a cheerleader.

Club Teams

These teams train twice a week from September to April. They will compete at two/three competitions between January and April. There is minimal travel involved and this year we will be using a uniform.

Premier Teams

Our All-star premier program are for ages 5 & up. These teams compete levels 1-2 and train 2-3 times a week depending on the team. They also have 3 mandatory training camps in the summer (July/August).

Elite Travel Teams

This year is our Elite Travel Teams. These teams train 3 days a week. And will be training towards competing at a high Caliber International event this season. These teams require full commitment and will have a strict attendance policy.

Recreational - 10 weeks

Tiny
Ages 3 - 4
30 mins/wk

\$110 + GST

Mini
Ages 5 - 7
45 min/wk

\$130 + GST

Youth
Ages 8 - 12
60 min/wk

\$150 + 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 “Club” 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. Schedule will be posted on Website shortly after team placements.

There is an additional \$30 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

Our Premier and Elite teams will train 1 day a week in June and 2 (3 day) camps in August .July will have optional camps and clinics. They then begin regular training September through April. We offer Privates and Open gyms to continue practicing skills during our off months (May/July).

Training Schedule

Team	Spring/Summer Training	Sept - April Begins Sept. 3th	Saturday Training	Choreo Camp
Club Teams	N/A	TBA 2 days a week	N/A	N/A
Premier Teams	Half day camp in July 2 Day camp in August	TBA 2-3 days a week	Sept - January	TBD
Elite Teams	Half day camp in July 2 Day camp in August	TBA 3 days a week	Sept - April	TBD

****These are subject to change****

*******CHOREO CAMP IS 100% MANDATORY*******

All Star Cheerleading

Payment Schedule - GST is not included

All Star Levels	Club	Premier Prep	Premier Level 1	Premier Level 2 +	Elite
Registration July 15th	\$242	\$252	\$252	\$252	\$252
1st Payment July 2nd	N/A	N/A	N/A	N/A	N/A
2nd Payment August 2nd	N/A	\$309	\$361	\$361	\$412
Tuition (Sept-Mar) 1st of month	\$685	\$793	\$1009	\$1298	\$1637
Total	\$927	\$1354	\$1622	\$1911	\$2301

****There will be a \$200 quit fee - due to choreographing a whole new routine*****

****Due to Covid-19 protocols constantly changing, competition fees are not included in our current pricing, they will be posted as soon as we know******

What do these Fees Include:

- Insurance
- ACA Membership
- Cheer Canada Membership
- Practice Shirt
- Camp Fees
- Admin Fees
- Club fees
- Choreography
- Professionally Edited music

What these Fees Do Not Include:

- Travel/Hotel Costs
- Spectator admission to events
- Uniform
- Shoes
- Jacket (optional)

All Star Cheerleading

Uniforms: We have three uniform styles this year. Uniform includes, shorts, top, bow. We are starting “Year 2” of our uniform cycle. Uniforms that are purchased are yours to keep. You’re more than welcome to sell to new athletes to recover some costs.

Club teams: will be using our Varsity uniforms

Premier/elite teams: will be using our Full Swag uniforms (some will have the new uniform design)

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 club 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. This is to cover all for choreography of a new routine.

We will be accepting both Kidsport and Jumpstart Applications for the 2020/2021 season. Regular fees will be applied until Jumpstart/Kidsport have deposited the funds into our account.

TUMBLING INSTRUCTION/FLYER TRAINING is INCLUDED in UCF team practices.

Optional Private/Semi-private lessons are provided if you wish for more one on one coaching.

Competition & Performance Calendar

The following is a list of competitions that teams will be participating in. Please note that all events are MAJOR. With every event, the person missing may jeopardize the ability to successfully perform in the potential future participation. The following is a list of competitions that teams will be participating in. Please note that all events are MAJOR. With every event, the person missing may jeopardize the ability to successfully perform in the potential future participation.

	Team Performances January	Imagine - Lethbridge January	Best of the West - February	True North - Edmonton March	Showdown - Calgary March	Sea to Sky - Vancouver April	Extravaganza - Edmonton April	Season Finale
Club	*				*		*	*
Premier	*	*	*	*			*	*
Elite	*	*	*	*		*	*	*

Disclaimer: These are the events we are considering participating in this upcoming season, until we receive word on whether these are able to proceed we will wait to charge competition fees. These are to the best of our knowledge, and are subject to change***

Gym Training Schedule

Teams	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Prep						
Tiny Novice						N/A
Mini						
Youth						
Junior						
Senior						

GYM CLOSURE DATES - The gym is **CLOSED** during the following dates and no regular practices will be held:

October 12 (Thanksgiving)

November 11 (Remembrance Day)

December 20 - 26 (Christmas)

December 28-30 (camps TBA)

February 16 - 19 (will offer optional camps)

April 5th (optional camps 6-7th)

Uniforms

Club - Uniforms



Novice



Prep

Premier - Uniform \$435 est.



Includes:

- Uniform Sports Bra
- Uniform
- Competition Bow

Elite - Uniform \$476 est.



Includes:

- Uniform sports Bra
- Uniform
- Competition Bow

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. Fundraising will have 3 pull outs a season (Sept 15th, Dec. 15th, March 15th). 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 transfered 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 2018 - 2019

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.

B. Gym Rules

1. Athletes must wait for their practice to commence before accessing equipment.
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.

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 shall post pictures of any member while in uniform or in practice gear that would reflect poorly upon the program, or the individual.
7. 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.

Frequently Asked Questions

Q: I have no cheer or tumbling experience. Can I still be on a competitive team?

A: Yes, our coaches will assess each athlete and place him or her on a team. As long as we do not have more athletes attend placements than we have positions for, all athletes will be placed on a team. If we have more athletes than positions, or if an athlete requires additional time to work on his or her skills, some athletes may be recommended for a non-competitive team. If competitive programs fill up we will look into opening another team in that age group.

Q: I'm not sure what team to register for. What can I do to get on a team?

A: Team placements will be held on June 8th, 2019. If you have missed this deadline please call the gym to arrange for a private assessment. We will set up a private assessment, at this point we can let you know which team your athlete would be placed on, as well as all other information you may need to know.

Q: I am not able to come to any summer training. Can I still be on a competitive team?

A: Summer training is important as it is a time to build skills, set stunt groups, to develop routine structure and bond as a team. We understand that families will take vacations, this summer athletes will only have 3 camps listed on page 7. However, if camps are missed it may affect your athletes position on their team.

Q: Do we get a discount for registering more than one child in the sport?

A: Families who have 2 or more children in the sport receive a 25% discount on 2nd, 3rd, 4th children. The discount is applied to the lesser valued tuition costs.