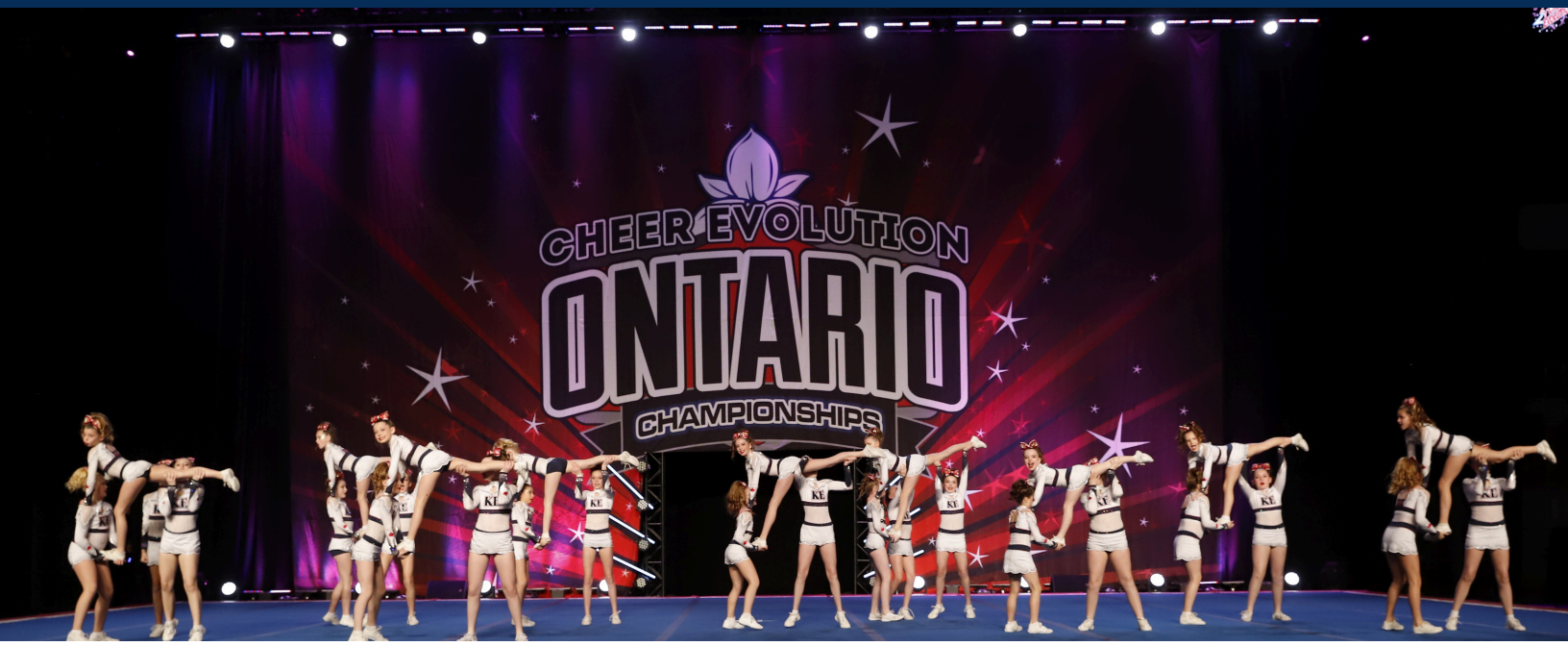
2024-2025
Competitive Teams

KINGSTON ELITE



SEASON 20 COMPETITIVE PROGRAM MANUAL

www.kingstonelitecheer.com
info@kingstonelitecheer.com
343-580-8422
7B - 785 Sir John A. MacDonald Blvd., Kingston, ON



WELCOME TO KINGSTON ELITE!

Welcome to the 20th season of Kingston Elite! If you are new to the KE family, thank you for joining us! If you are returning for another wonderful season, welcome back!

This Competitive Program Manual helps you navigate the world of competitive cheerleading. It contains all the pertinent information regarding our season: schedules, expectations, season layout, and more. At KE, we pride ourselves on excellent communication with our families. Remember, if you have any questions, comments, or concerns to contact your child's head coach. If you have an administrative question, please contact Laura at **info@kingstonelitecheer.com** or **343-580-8422**.

KE has grown into one of the most prestigious cheerleading programs in Canada. We've done this by remaining true to our core philosophy of building champions in sport and life. This philosophy extends beyond the athletes in the gym to include parents and coaches. A positive and supportive greater gym community is crucial to the ultimate success of our children.





GET TO KNOW YOUR COACHES

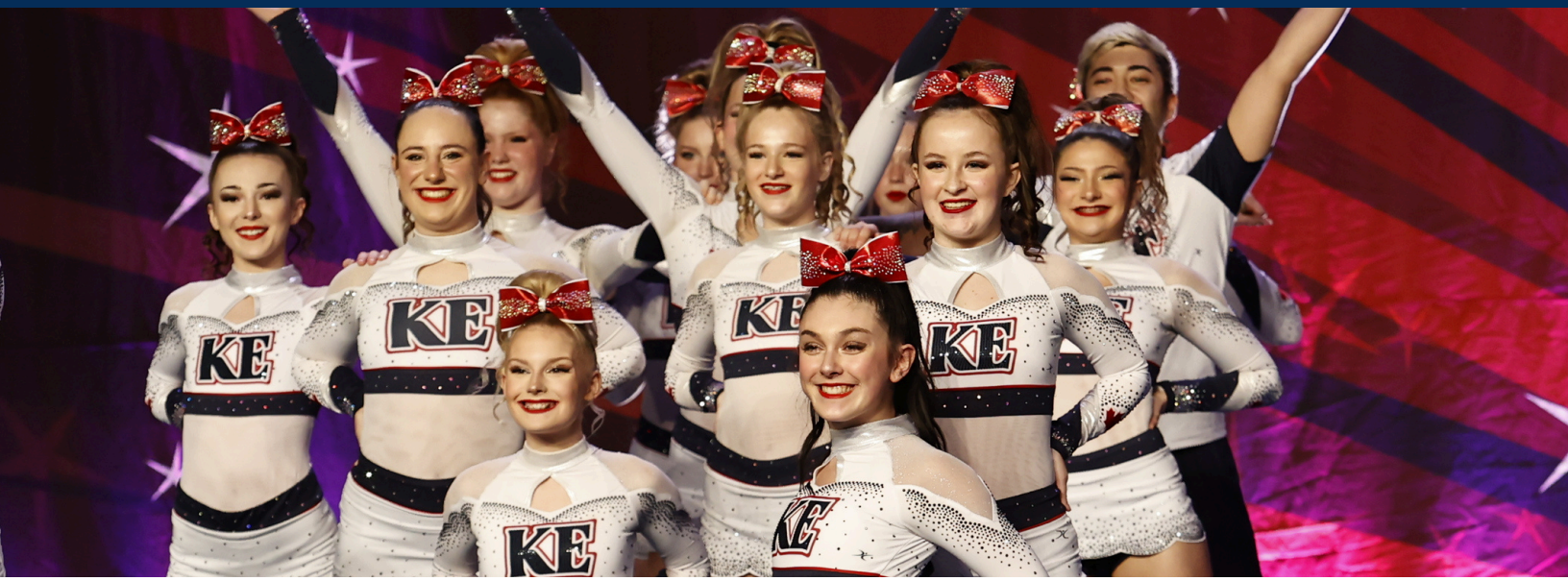
You may be new to KE, and even new to cheerleading. Perhaps you've come to us from gymnastics, or dance, or soccer.... we are in many ways no different from those sports and in other ways, we are quite unique. The most important thing you (as a parent) can do is to meet your child's coach. Why? Because, the coach is going to become very important to your son/daughter's development in this sport: they will help them set realistic goals; they will hold them to a high standard of behavior in and out of the gym; in short, they will become a major influence in your child's life. We've chosen the very best people we know to work as coaches at KE. This isn't an easy job to obtain. All KE coaches are certified by the International Cheer Union and/or NCCP, have current first aid and CPR, maintain criminal background checks, complete NCCP SafeSport, Making Headway, and Respect in Sport training, and are already proven professionals in the cheerleading and/or gymnastics industries. We hire great people who love kids and who want to help them grow into healthy, successful people. So, please take a moment to get to know the person that your son/daughter is going to talk about on the way home in the car. That way, if you ever have a question, comment, or concern, you can address those directly.

A quick note about concerns: at KE, we recognize that as a parent your job is to advocate for your son or daughter. However, we ask that if you have a concern regarding anything (except choreography decisions-which we will not discuss) you address it with your coach and not with other parents. Other parents are not in a position to fix the problem. We also respectfully decline to speak about other people's children with you except in the case if that child's behavior is harmful to others.

MEET YOUR COMPATRIOTS

KE prides itself on having amazing, supportive, and positive parents so please take a moment to get to know each other through our KE Competitive Teams Season 20 group. At KE, we never condone speaking negatively about other children (from our club or other clubs), nor do we openly question our coaches. We demonstrate sportsmanship at competition that extends to our competitors, their coaches, officials and more. We all realize that being on KE means setting a great example by carrying ourselves with class and grace. This includes conduct on social media–athletes, coaches, and parents alike!

Along with the KE Competitive Teams Season 20 group, there will be a group set up for each of our teams. Only the parents/athletes of those teams will be included in those. Once you have registered on May 21-24, 2024, please request to join these groups via Facebook.



OUR SEASON AT A GLANCE - Why are all team practices mandatory?

EARLY SUMMER
Now is when coaches focus their efforts on the individual skill development of their athletes. You can expect lots and lots of conditioning, training of essential building skills, and re-learning proper technique. Sometimes we hear from athletes that they are 'taking a step backwards' and often-times this causes frustration. At the beginning of the season, it is imperative for the coaches to break down complex movements, wash away incorrect technique, and return to the fundamental skills that make our teams superior year after year. It is crucial that athletes attend these practices and do the homework/conditioning that coaches give them.

LATE SUMMER/FALL
This is the time when teams are going to learn routine choreography. Individual skill development is drastically reduced at this time.
All-Star teams have mandatory choreography workshops June 14-16, 2024 and August 19-25, 2024.
Choreography sessions are mandatory, as are the subsequent practices. Coaches CANNOT teach a routine without every, single member present.

WINTER
During the winter, athletes are competing their routines while making adjustments based upon their team's abilities and the feedback we receive as coaches from competition judges. Winter is the time in which team skills develop swiftly and change often-attendance at every practice is therefore very important so your child does not miss out.

EARLY SPRING
During the spring, teams are perfecting their routines. Coaches seldom make changes between closely blocked events, even if athletes acquire new skills. Remember that with the judging rubrics being the way they are today it is imperative that teams strive for perfection in their skills and confidence in their performance.

Spring is also the time that athletes begin thinking about next season. The gym will offer classes to help prepare athletes for 'what is next'. Take advantage of them as early in the season as possible. Starting tumbling classes the month before tryouts won't make an impact, but starting in September will!



COMPETITIONS, TRAVEL, AND MORE

Make sure you are aware of your child's competition schedule. Competitions are mandatory events for all athletes. Teams practice months and months for their performance on the mat in front of the judges; they are exciting but can be stressful. Athletes require the familiarity of their entire team. For every competition we will provide you with a detailed schedule which is emailed to you. The schedule will contain all of the important information you will need for each event. Please note that competition schedules are not usually posted until the week of competition. You must book off the entire day(s)/weekend–please do NOT schedule other events on the same day as a competition.

TRANSPORTATION & HOTEL

All KE athletes must travel and stay with their parents to competitions. Should any athlete's parent/guardian not be able to take their child(ren) to competition, they must arrange for another KE team parent to be fully responsible for the supervision, transportation, accommodations, etc. for their child(ren). The parent/guardian must inform their child(ren)'s head coach of the arrangements.



DRESS CODE FOR ATHLETES

Dress code at practice and competition is very important. We are viewed by many other teams and programs. With that said we need to show up looking appropriate and maintain a “classy” attitude. Please follow the rules and remember to look and act like a “winning” athlete at all times.

Included in the membership fee is a practice outfit consisting of a team t-shirt and shorts. Other KE apparel may be purchased as an option including tank tops, bra tops, spandex shorts, additional shorts and t-shirts, long-sleeved t-shirts, leggings, sweatshirts, etc.

At **PRACTICE** all KE athletes are to wear **KE tops and bottoms**. This is to build team mentality as well to dress safely for practice. A KE t-shirt and pair of shorts are issued to you at the start of the season. More clothing may be purchased during our clothing orders throughout the season. Older KE clothing in good repair may also be worn. Other team cheerleading shirts (from events or clubs), and generic clothing are not to be worn at practice. Team shirts made by parents for previous seasons are **NOT** to be worn for team practices.

At **COMPETITION** please carry your uniform in a bag or on a hanger until you put it on. While cheering on the other KE teams all KE athletes should be wearing KE gear. You may **NOT** wear anything other than your proper uniform (including cheer shoes in good appearance and repair) for awards.

FOR PARENTS AT COMPETITION

We would appreciate if parents could wear KE gear or colours at every event. Your athletes love the support that they see in the stands if there is a sea of red, white, and blue!



UNIFORM POLICY

This year we are excited to offer a NEW uniform! This uniform will be used for 2 season. Please order a size that fits your child but allows some room for them to grow. We cannot exchange any sizes. Should your child out-grow their uniform during the season you must try to swap sizes with another family, or, purchase a new piece during the period that new uniforms are available. Used uniforms may be bought and sold using the KE Used Clothing Facebook page.

All-star athletes will need to purchase the required personal uniform items:
· All-star uniform bodysuit & skirt for females; top & pants for males
· Uniform hair bow
· Cheer make up kit
· Team back packs (or past season's back packs)
· KE-approved white cheerleading shoes (Nfinity or Varsity brand)
· Optional: Team warm-up jacket and pants

Prep and Novice team athletes will need to purchase the required personal uniform items:
· Uniform top & skirt for females; top and & shorts for males
· Uniform hair bow
· All white shoes (do not need to be a specific brand)

The above items become the property of the athlete. Returning athletes may not need to purchase all of the items year after year provided that their gear is still in good repair.



BEHAVIOUR CODE AT COMPETITIONS

FOR ATHLETES

We expect strict adherence to the KE Code of Conduct (signed during registration) during travel and events.

Curfews will be adhered to by all athletes. Behaviour in hotels will be respectful (no running in the public spaces, jumping on beds, loitering in hallways, etc.). Athletes who demonstrate disruptive behaviour during competition will cease to remain members of Kingston Elite.

FOR PARENTS

Parents must be aware of the schedules set by their child's coaches for meeting times and ensure that their child arrives on, or ahead of, time. Coaches will be organizing team events throughout the season, including during competition weekends. Please respect that these events are team time and not family time. Do not rob your child of the opportunity to be part of their team's activities and plans.

All parents must respect that their actions, words, and behaviour at both competitions and hotels directly reflects upon Kingston Elite, the coaches, and the athletes. All event producers have a Code of Conduct to which every parent, athlete, and coach is responsible to adhere. Failure to do so may result in the disqualification of the entire club. Should you become aware of poor behaviour by any KE athlete or parent please report this immediately to any KE coach.

****If you have any issues or feedback regarding a competition, please **DO NOT** contact the competition directly. Bring your concerns to the Director and she will share them with the competition hosts.



COMPETITION SCHEDULE

Below is a tentative competition schedule for each team. Dates and events are subject to change. All-Star teams will be vying for an invitation to the Canadian Finals on Nationals weekend. Non-tumble teams are not eligible for Canadian Finals.

Competitions	World's Team	All-Star Teams	Prep/Novice Teams
Cheer for the Cure (Oshawa) December 7-8, 2024	★	★	
Big East Blast (Ottawa) February 1, 2025		★	★
Big East Showdown (Ottawa) February 2, 2025		★	
Cheer Evolution Ontario Championships (Kitchener) February 7-9, 2025	★	★	
OCF Provincials (Brampton) February 28-March 2, 2025	★	★	★
Kicks Celebration (Montreal) March 21-23, 2025	★		
Cheer Evolution National Championships (Niagara Falls) April 4-6, 2025	★	★	
Cheerleading World Championships (Orlando, FL) April 25-28, 2025	★		



REFUND POLICIES

1) The yearly membership fee of $250 +HST is **NON-REFUNDABLE**.

2) If an athlete withdraws from the program prior to the processing of Canadian competition fees on September 20th then that charge will not be applied. Once the competition fee payment has been processed, it becomes non-refundable.

3) Refunds may not be requested once an order has been placed for personal items including, not exclusive to, shoes, tracksuits, bags, and practice gear.

4) Requests for refund of the remainder of monthly tuition fees must be made prior to the start of the month. Tuition for the month during which a request is made is non-refundable.

5) A cancellation fee of **50% of tuition remaining for the season** will be applied calculated from the day of receipt of the written request.

6) All refund requests **MUST BE MADE IN WRITING** to KE Administration before reimbursements can be made. Requests may require up to 2 weeks to process.

INSUFFICIENT FUNDS

For each incident when payment is to be applied but sufficient funds are not available there will be a **$30 charge per incident**.

FUNDRAISING

There will be several fundraising opportunities for families to offset the costs of cheerleading offered throughout the season. All money raised by an athlete goes towards that athlete's account. The **KE Fundraising Season 20 Facebook group** is the only means through which one can participate in our fundraising events. Please submit a request to join via Facebook. Participation in all fundraising opportunities is optional.



PRACTICES

Team practices are **mandatory** throughout the competitive season. Parents are urged to avoid booking vacations during training and blackout dates. **All-Star teams have mandatory choreography workshops June 14-16, 2024 and August 19-25, 2024**. Poor attendance will affect the athlete's involvement in the routine. This is for the sake of their safety and the safety of their teammates.

Summer practices

For the months of July/August, all-star teams drop down to only 1 practice per week. We understand that families may have vacations planned during the Summer months. Please do your best to limit the amount of practices your athlete has to miss. Cheerleading is unlike any other sport, in that when 1 person is missing we don't have someone else we can easily sub into their spot. That means their entire group is unable to stunt when your athlete isn't there.

Events such as birthday parties, concerts, sleepovers, and other sports **are not acceptable** reasons for missing practice. If you are unable to make this commitment, perhaps competitive cheerleading is not the best sport for your athlete.

All-Star Blackout Dates

While ALL practices are mandatory, the **final 6 practices** leading up to any competition are critical for full team attendance. If an athlete misses a practice during a black out date, their role in the routine for that competition may be affected.



INJURIES & ILLNESSES

Parents must understand that cheerleading is a highly competitive, physical/contact sport, and the skills involved such as stunting, jumping, and tumbling could lead to injuries. At KE we take every precaution to limit these injuries providing a safe environment and superior training for our athletes and coaches.

It is Ontario law that all athletes, parents, and coaches be educated about **Rowan's Law**. Please refer to the link on our website for more information. All athletes and parents must sign the **KE Concussion Code of Conduct** prior to registration.

Unfortunately, we cannot prevent all injuries. In the event that your child is injured, we will take every necessary step to ensure your child's well-being. Safety begins with your child's dedication to being in top physical condition. We will assign specific conditioning, flexibility, power, and strength building exercises to help them achieve this. Further, athletes must continue to work on these at home. Parents must help monitor adequate water intake, restful sleep, and proper nutrition.

If your athlete is injured, they should continue to come to practice and will be given conditioning appropriate to their situation. Athlete attendance is very important to see them through their time off.

Should an athlete have symptoms of a contagious infection (cold, flu, etc.) or be too ill (fever or vomiting) to attend a practice you must **notify your head coach** immediately as you learn of your child's condition.

RETURN TO PLAY

Certain types of injuries, such as concussions, require a doctor's note in order to return to practice. This is because it is not visible to the coach if the athlete is healthy or not. Again, please refer to the KE Concussion Code of Conduct that you sign prior to registration.



LATE PICK-UP POLICY

If you are unable to pick up your child from the end of their practice/class within 10 minutes, please contact your head coach immediately with your expected arrival time.

After 10 minutes has passed and if we have not received notice from the parent(s)we will begin calling the parent and/or the emergency contacts they have listed. If we are unsuccessful in reaching the parent/guardian after a reasonable amount of time then our staff will call the Kingston Police and the Children's Aid Society. Please understand that our concern is for the safe arrival home of your child.

Late-pick up occurrences will be recorded. If a pattern develops the parent will receive a notice to withdraw from the program.

INCLEMENT WEATHER POLICY

Often the weather is not cooperative in some areas where our athletes live while safe in others. In these cases when the gym remains open parents who cannot drive in safely are asked to contact us to let us know they must stay home.

If it is evident that the local area around the gym is experiencing hazardous driving conditions KE reserves the right to cancel practices/classes. In the event of severe weather KE's Facebook group and page will be updated with information on cancellations. Also, an email will be sent out to all relevant families.

Cancelled practices/classes/events may not necessarily have make-up dates.

FREQUENTLY ASKED QUESTIONS

Should my child take KE tumbling lessons?
Absolutely! Every cheerleader will tell you that tumbling skills are extremely important. We recommend at least 1 class throughout the year, 2 for stronger development. Please decide upon a KE tumbling class dependent upon your budget.

Do you offer private and semi-private tumbling lessons?
Yes. It is a more expensive option but we do provide these services. Information on private lessons is available on our website: https://www.kingstonelitecheer.com/privatelessons

Are other payment options available for team fees?
Yes. If you require a specialized payment plan there is a one-time $50 administrative fee.

What if you need clothing?
All KE practice clothing, specialty gear, and shoes are made available twice this year for purchase. Orders usually arrive anywhere between 4-8 weeks after being placed.

What if you have a question?
Contact Director, Laura King, if your question has to do with payments or administration. She can be reached at **343-580-8422** or by email at **info@kingstonelitecheer.com**. If your question pertains to your child's team, contact their head coach first.

What if you are going to miss a practice due to a planned activity?
Inform your head coach as soon as you are aware of the planned absence. Please note that athletes who miss practices during blackout dates may have to be removed from, or minimized, in their routine. This is not punishment, rather, a way of ensuring that the entire team is prepared for the upcoming event. KE reserves the right to determine the appropriateness of missing mandatory practices on a case-by-case basis.

What if an emergency has come up and you cannot make it to practice?
Call your head coach. If nobody picks up the telephone, please leave a message with your name, and the reason for your absence. Please note that schoolwork, birthdays parties, a visiting relative, going to a concert, another sport practice/game or a lack of transportation is not considered an emergency. Athletes missing practices for these reasons jeopardize their spot on their team or in the routine.

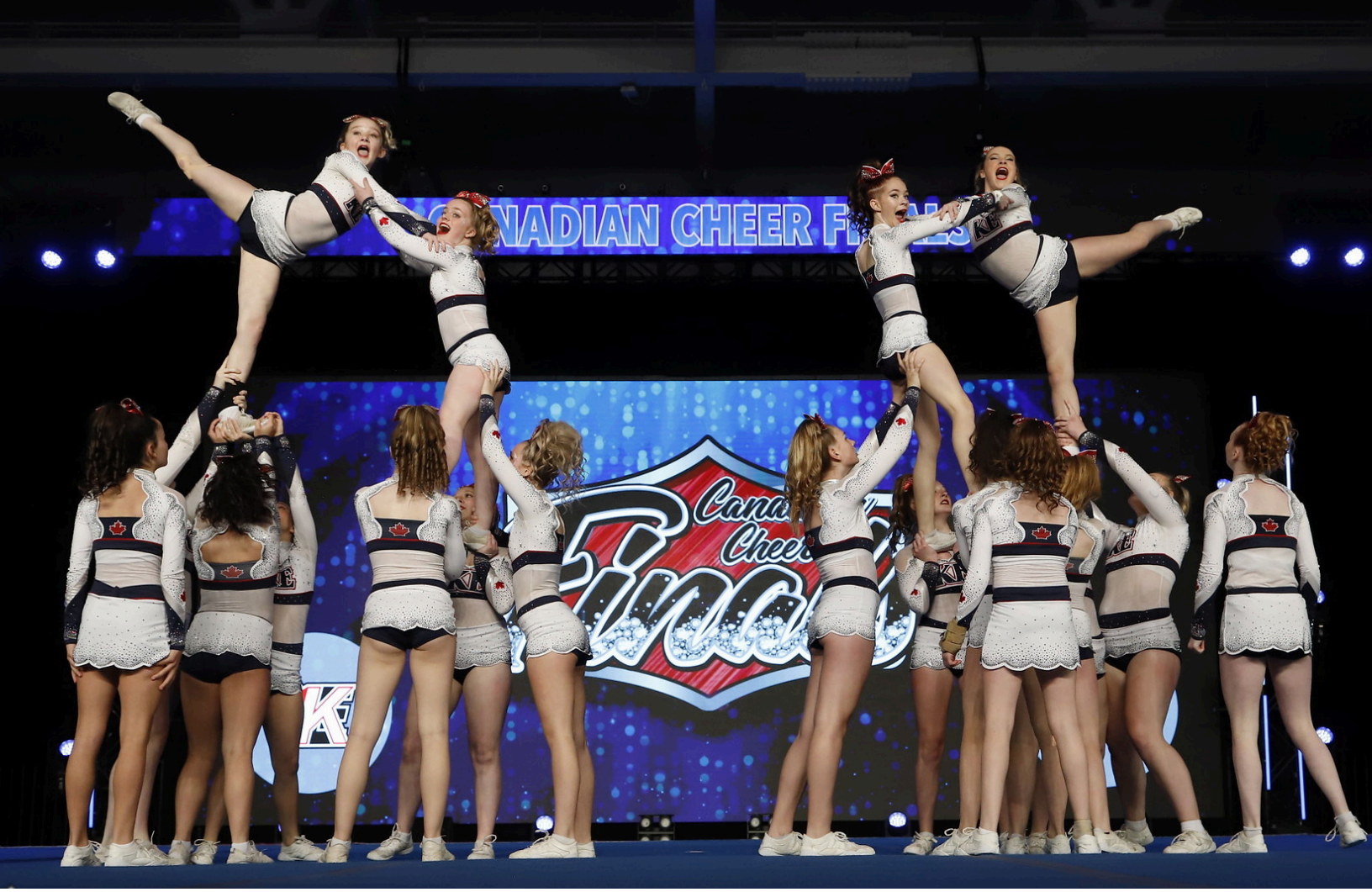
What if we are going to be late for practice?
Call your head coach. Notify them how late you estimate you are going to be and why.

FREQUENTLY ASKED QUESTIONS - Cont'd

What if I have an issue concerning my child?
If you believe that there is an issue regarding the safety of your child: contact the Director immediately via email. If your issue has to do with a conflict at the gym, we ask that you wait 24 hours to allow a cooling-off period before you email or call the head coach. You should always speak with a team coach first to attempt to resolve your issue prior to speaking with the Director. However, if you believe that safety is being compromised in any way contact the Director immediately.

What if I have an issue regarding the "position" of my child or my child's team choreography?
We ask that you remember that coaches make choreography decisions based upon their expert opinion. Coaches will always do what is best for a team: showcasing skills and building and what they believe to be the most competitive routine possible. Coaches will not entertain discussions with parents about positions in a routine or the routine itself.

What if you have to leave the program?
To leave the program you must email the Director at **info@kingstonelitecheer.com**
Notification to Laura will initiate removal from the program and ultimately any refund due. Any and all refunds will be processed based upon the refund policy detailed in this handbook. Refunds take a minimum of two weeks to process.



WE LOOK FORWARD TO CHEERING WITH YOU SOON!

www.kingstonelitecheer.com

Questions? Reach us by:

- Email: **info@kingstonelitecheer.com**
- Phone: **343-580-8422**

Social Media:

Facebook: **Kingston Elite All-Star Cheerleading**
Intragram: **@kingstonelitecheer**