



Adrenaline Athletics

Athlete/Parent Handbook

Season 4 - 2020-2021

About Adrenaline Athletics

- We are open to athlete's aged 5 to Adult, Male and Female.
- Our teams are competitive Cheer Canada/USASF/IASF.
- Our next season runs from the start of September 2020 – End of May 2021, with optional camps throughout the summer.
- We train WEEKLY. All team members must attend every session unless you are experiencing symptoms of COVID-19.
- Adrenaline Athletics is looking for unique individuals that can develop current skills and gain new skills throughout the season. Not all teams require specific skills; we simply ask that you are hardworking, passionate and committed.
- Adrenaline Athletics members are not permitted to cheer competitively or recreationally on any other teams; including school and all-star.
- Adrenaline Athletics is not just a team, but we are also a family. We train hard and we look out for each other, we believe in the "we before me" mentality.

Our Mission Statement

We are an All-Star Cheerleading and Tumbling specific facility that focuses on growth, excellence and performance. Dedicated to building great leaders.

If all of this describes you, you're ready to come on board!

Vision

At Adrenaline Athletics we strive to create a fun and challenging cheerleading specific facility that will focus on our core values and mission statement.

Core Values

Courage – Determination – Fun – Integrity – Passion – Strength -Trust

What to expect from your Coaches:

1. Fun, safe and effective training sessions. Planned, structured program of training from qualified and experienced coaches.
2. Motivation. We want you to be your best and push your boundaries. Everyone has strength, we aim to find it and show it off!
3. Value and respect. Everyone is equal and will be given equal opportunities and support.
4. Support on and off the mat

In the following pages you will find information on:

- Adrenaline Athletics Team Information
- 2020-2021 Team training times, Important Training & Competition Dates
- Competition Fees and Payment Due Dates
- Attendance Policy
- Membership Costs and Cost Breakdown
- Registration and Membership Paperwork

How to Register:

1. In person at Adrenaline Athletics
2. Our Website
3. Or by Calling Adrenaline Athletics

Cheer Canada All Star NOVICE Divisions for 2020-2021

ALL STAR NOVICE GUIDELINES

- All teams are combined female/male - novice teams will not be classified as co-ed, regardless of the number of males on a team.
- An Event Producer may offer a team of less than 5 participants, as long as they meet the age restrictions of the Age Grid. Prior approval from the Event Producer is required.

ALL STAR NOVICE Level/Safety Rule Differences from All Star Elite (Traditional All Star)

- Routines may not exceed 1:30 minute
- No Tosses permitted
- *Clarification:* This includes "Sponge" (also known as Load In or Squish) tosses.
- *Clarification:* All waist level cradles are illegal.
- Performances may be performed on spring floor or carpet bonded foam.
- Novice can be offered at both 1 and 2-day events. HOWEVER, if offered at 2-day events, Novice divisions will perform ONE TIME ONLY.
- Teams will be evaluated on a rating system only and not scored against other teams.
- Recommended ratings are Superior (Highest), Excellent, and Outstanding. Please check with your specific event producer for their ranking system and rating classifications.
- Tumbling skills are allowed and will follow the level rules for that level but will not be rated nor are they required.
- Tiny Novice Only: No Building skills permitted (includes tosses, stunts and pyramids).
- Tiny Novice Only: The ONLY TWO TUMBLING skills allowed are cartwheels and forward rolls. Handstands, backbends/bridges, etc. are not allowed.
- Tiny Novice Only: Are allowed to have small, Velcro, floor markers to help for spacing if pre-approved by the EP. The coach will provide them, place them and remove them.

Cheer Canada All Star NOVICE				
Division	Birth Years	Age	Gender	Numbers
U6 *Tiny	2014-2017	4-6 Yrs	Female/Male	5-30

*The eligible age for an athlete is determined by the BIRTH YEARS column on the Age Grid. The age grid is based on the year of Worlds; so, this year's Age Grid is based on 2021. Therefore, an athlete is age eligible if they are of the given age for that category at any time between January 1, 2021 and December 31, 2021. ***Note that the format "U followed-by-age" really means that age and younger. For example, U8 should be read as age 8 and younger. For the easiest understanding of athlete age eligibility, as stated above, use the BIRTH YEARS column.***

Team	Age	Day and time	Pre Req	Number of Competitions	Fees
All Star Novice *starts in November*	Tiny (4-6) U6	Tues 5 - 6:30pm	No Experience Required	1 Performance at Competition. (Competition Fee not included)	\$100/mth (6 months) \$600 - 6 mths November - April

Cheer Canada All Star PREP Divisions for 2020-2021 By Level

ALL STAR CHEER PREP GUIDELINES

- All teams are combined female/male - prep teams will not be classified as co-ed, regardless of the number of males on a team.

All Star Prep Level/Safety Rule Differences from All Star Elite (Traditional All Star):

- Routines may not exceed 2:00 minutes
- No Tosses permitted
- *Clarification:* This includes "Sponge" (also known as Load In or Squish) tosses.
- *Clarification:* All waist level cradles are illegal.
- Performances may be performed on spring floor or carpet bonded foam.
- All Star Prep can be offered at both 1 and 2-day events. HOWEVER, if offered at 2-day events, Prep divisions will perform ONE TIME ONLY.

Cheer Canada All Star PREP					
Division	Birth Years	Age	Gender	Numbers	Levels
U12 *Youth	2008-2013	8-12 Yrs	Female/Male	5-30	1, 2

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Team	Age	Day and time	Pre Req	Number of Competitions	Fees
All Star Prep *starts in November*	Youth (8-12) U12	Tues & Thurs 6:30-8pm	No Experience Required	2 in province (Competition Fees not included)	\$150/mth (8 months) \$1200 – 8 mths November - June
Level 1 Tumble	None	Sat 12-1pm	None	None	\$50/mth
Level 2 Tumble	None	Sat 1-2pm	Walkovers and Level 1 Skills	None	\$50/mth

Cheer Canada All Star ELITE Divisions for 2020-2021 By Level

Cheer Canada All Star ELITE					
Division	Birth Years	Age	Gender	Numbers	Levels
U8 *Mini	2012-2016	5-8 Yrs	Female/Male	5-30	1, 2
U19 * Jr & Sr Combined	2001 -2011	10-19 Yrs	Female/Male	5-30	2, 3, 4, 5

*The eligible age for an athlete is determined by the BIRTH YEARS column on the Age Grid. The age grid is based on the year of Worlds; so, this year's Age Grid is based on 2021. Therefore, an athlete is age eligible if they are of the given age for that category at any time between January 1, 2021 and December 31, 2021. ***Note that the format "U followed-by-age" really means that age and younger. For example, U8 should be read as age 8 and younger. For the easiest understanding of athlete age eligibility, as stated above, use the BIRTH YEARS column.***

Team Training Times and Fees

Team	Age	Day and Time	Pre Req	Number of Competitions	Fees
All Star Elite	Mini (5-8) U8	Mon 5-7pm Wed 5-7pm	Basic Level 1 Tumbling	3 in Province (Competition Fees not included)	\$175/mth (10 months) \$1750.00/yr September - June
All Star Elite	Junior & Senior Combined (10-19) U19	Mon 7-9pm Wed 7-9pm	Level 2 Tumbling or more	3 in Province (Competition Fees not included)	\$175/mth (10 months) \$1750.00/yr September - June
Level 1 Tumble	None	Sat 12-1pm	None	None	\$50/mth
Level 2 Tumble	None	Sat 1-2pm	Walkovers and Level 1 Skills	None	\$50/mth
Level 3 + Tumble	None	Sat 2-3pm	Handsprings and Level 2 Skills	None	\$50/mth
Stunt Group	Tryouts Nov	TBD	Level 2 Stunting Plus	3 in province	TBD
Indy	Tryouts Nov	TBD	Level 2 Tumbling Plus	3 in province	TBD

We welcome siblings, a discount (20%) is available, please contact the gym. Offer only available on Competitive Programs.

No crossover athletes permitted during the 2020-2021 Season.

Adrenaline Athletics Training

Attendance Policy

Please be aware we do not mean to frighten off anyone with our attendance requirements. However, All-Star Cheerleading is a demanding Team Sport that takes full commitment from both athletes and parents. The following Excused and Non-Excused policy is not negotiable and applies to every member. Please keep in mind that one person's absence affects the whole team. It is essential that ALL team members participate in ALL scheduled sessions. Anyone who has experienced COVID-19 symptoms

Excused

Not Excused

Graded School Event

Homework/revision

Illness with fever/vomiting

Birthdays/ birthday parties

Family Death

Family celebrations/parties

Contagious Illnesses

Recreational Sports Holidays

Work

- Athletes ***MAY NOT*** miss training 3 weeks before competition ***unless you are experiencing symptoms of COVID-19.***
 1. If they miss training the athlete may be subject to loss of position in routine.
 2. Athletes may not miss competition, or they will be removed from the team.
 3. Any events that conflict with the Adrenaline Athletics calendar must be communicated in writing ***at least 4 weeks before*** the event. Approval of absence is always the coach's decision.
 4. Unexcused absences within the season will result in suspension and or loss of position on that team
 5. We work on a "3 Strike" Policy – if the above becomes an issue the following steps will be taken.
 1. Verbal Warning (In person or Over the Phone)
 2. Written Warning (Sent Home)
 3. Parent/Athlete Meeting with a Contract Signed and if broken athlete will be asked to leave the gym.

Adrenaline Athletics Training Fees

And Payment Policy

Fees need to be paid in full prior to an athlete participating in any competitions. A 30 policy is in effect – after the 30 days of the overdue payment, the athlete must “sit out” until the account is paid in full. If payment is not made, it will be sent to collections.

INCLUDED

Not INCLUDED

Monthly Tuition

Competition Make Up

Practice T-shirt

Competition Uniform

Practice Bow

Competition Shoes

Coaches Travel

Competition Jacket

Tumbling Class

Choreography/Skills Camp (must fundraise for)

Black Shorts for Practice / Practice Uniform

Competition Fees/Registration Fee

Travel/Accommodations for Competitions

Extra Classes/Clinics/Private Lessons

Open Gym

Ticket/Parking at Competitions

Annual Athlete Insurance (Local/Provincial/National)

Payment Plan

Monthly fees must be paid by standing order for the 1st of the month via automatic payment plan, valid Credit Card online. We **DO NOT** accept personal cheques. Or you may pay in person per month via Credit Card or Cash at the Front Desk. **You are welcome to pay any fees in advance*

After 7 days a \$40 late fee will be applied to your account. If the account is 30 days overdue, then athlete must sit out until the balance on the account is paid in full or a payment plan has been arranged with the Gym Owner. Your athlete is not permitted to compete unless your account is paid in full. If an account is overdue, no swag, tickets, orders or event fees may be added to your account. No refunds are given for any payments received.

If your athlete quits a competitive (9 month) program for any reason other than a medical reason - you are required to pay the entire year until your contract is finished.

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Level 2 Tumble	None	Sat 1-2pm	Walkovers and Level 1 Skills	None	\$50/mth
Level 3/4/5 Tumble	None	Sat 2-3pm	Handsprings and Level 2 Skills	None	\$50/mth
Stunt Group	Tryouts Nov	TBD	Level 2 Stunting Plus	3 in province	TBD
Indy	Tryouts Nov	TBD	Level 2 Tumbling Plus	3 in province	TBD

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~~Crossover Athletes - 1/2 price on 2nd team, 3rd team,~~

Important Competition Dates

<u>Competition</u>	<u>Dates</u>	<u>Teams Competing</u>	<u>Comp Reg Fee</u>
Cold Snap Classic – Edmonton, Alberta (2 day) *Edmonton Expo	January 22 nd -24 th 2021	U8 All Star Elite, Junior & Senior Combined All Star Elite	\$52-\$62
True North Cheer & Dance Championship – Edmonton, Alberta (2 day) *Edmonton Expo	February 26 th -28 th 2021	U12 Prep U8 All Star Elite, Junior & Senior Combined All Star Elite	\$50-\$60
ACE All Star Cheer Extravaganza Edmonton, Alberta (1 day) *Shaw Conference Centre	April 16 th -17 th 2021	U6 Novice, U12 Prep U8 All Star Elite, Junior & Senior Combined All Star Elite	\$35-\$45

Upcoming Fee Due Dates

<u>Fee Description</u>	<u>Amount</u>	<u>Due date</u>
Registration Fee (includes annual provincial/national and local liability insurance, competition registration fees)	\$250	Today
September Fee	\$175	Today
Competition Uniform Includes Top & Bottom	\$375 (50% due = \$187.50) 6-8 weeks after remaining balance is due	Today
Practice Uniform (mandatory for Competitive Teams)	\$150	Today
Bows Day 1 & Day 2	\$80	October 1 st
Cheer shoes	\$40-\$200 (Junior/Senior must purchase Black Hi- Tops)	October 1st
Team Jacket	\$150	October 1st
Choreography & Skills Camp	\$200/athlete	November 1st