



SABRES CHEER

2020-2021 Participation Handbook
(Updated October 31, 2020)

HISTORY

Sabres Cheer started in 2008 at Sangudo Jr/Sr High School. Since then, we have grown and moved into our own space, **now located in Whitecourt AB!**

We will be starting our 13th Season and we cannot wait to see what we do in our new location! We have programming available for children aged 18 months – 18 years!

We are so excited to get started with the 2020-2021 Season, and we cannot wait to meet you!

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Inside this Handbook, you will find the following information:

- COVID-19 Protocols
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Please keep in mind, that this information is preliminary and may change as we continue to navigate through the Stages of Relaunch. Any changes will be communicated to you in a timely manner.



www.facebook.com/sabrescheersportandtumbling



[sabres.cheer](https://www.instagram.com/sabres.cheer)

COVID-19 Protocols and Information



At Sabres Cheer, the safety of our athletes and coaches is our #1 priority. Our program will look quite different in 2020-21 compared to previous years as we attempt to navigate the “new normal” for our sport. Some of the things we are doing to ensure that we are providing a safe environment for all include, but are not limited to the following:

- Following all recommendations set out to us by AHS as well as the ACA
- Displaying visual prompts and reminders to maintain proper hand washing/sanitizing efforts are being made
- Daily athlete and Coach screenings
- Maintaining physical distancing
- Designated time in between classes for sanitizing of equipment
- Prohibiting non-participants from entering the facility for any reason
- Promoting Air High-Fives and lots of Smiles!

The Alberta Cheerleading Association released a Return to Sport document that outlines all the rules and regulations that we are obligated to follow. You can obtain a copy for your reference at www.albertacheerleading.ca

If you have any questions or concerns regarding these policies and procedures, feel free to contact the Club Manager.

Competition Teams and Schedules

Here is a quick breakdown of what is expected from each team:

- **NOVICE:** This team is the perfect introduction to Competition Cheerleading to our Tiny Friends! These athletes will practice once a week and will compete at 2 events in the Edmonton Area. They will learn basic choreography with simple music. They are scored based on their team performance and will not be up against another team. They will however be scored as Outstanding, Excellent or Superior based on predetermined criteria. No overnight travel is required. There is a uniform required to purchase for competitions (more information in the coming section).
- **All Star Prep:** These teams are a great introduction to the world of Competition Cheerleading. Athletes will practice once a week and will compete in 3 competitions in the Edmonton and Surrounding Area (Red Deer would be the furthest travel). They will be competing against other teams in their age division. No overnight travel is required. The choreography is moderate-difficult and will require some at home practicing to ensure they are adequately prepared for competition time. A uniform is required (more information in the coming section) and will be used for all competitions.
- **All Star Elite:** These teams are for athletes with some experience in Cheer, Dance, and/or Gymnastics. All Star Elite Placements are **MANDATORY**, and your spot on an Elite team is **NOT** guaranteed when you register for Placements. These teams will practice 2 times a week and will compete in 4-5 competitions that may require out of Province travel. Choreography is difficult-advanced and will require at home practice to stay on track. They will be competing against other teams in their age division. A uniform is required (more information in the coming section) and will be used for all competitions.

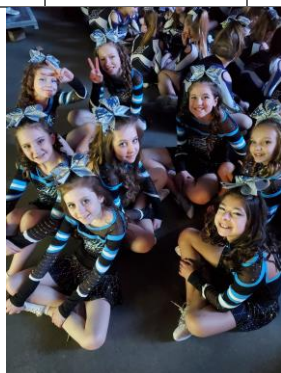
If you still have questions about what team is best for your athlete, please contact the Club Manager at info@sabrescheer.com to schedule a 1-on-1 assessment with one of our qualified Coaches!

***Teams and Schedules are subject to change once registrations are completed. Teams may need to be combined/divided depending on registrations. You will be contacted by the Club Manager if a change is required BEFORE the first day of class where possible.**

Novice Teams	Age As of Jan 1st, 2021	Practice Schedule (Tentative)	Mandatory Parent Meeting
Cubs U6	4-6 years	Tuesdays 5PM-6PM	TBD

All Star Prep Teams	Age As of Jan 1st, 2021	Practice Schedule (Tentative)	Mandatory Parent Meeting
Kitty Cats U6	5-6 years	Thursdays 5PM-6:30PM	TBD
Tabby Cats U8	7-8 years	Mondays 5PM-6:30PM	TBD
Ice Cats U12	9-12 years	Mondays 6:45PM-8:30PM	TBD
Cool Cats U16	13-16 years	Tuesdays 6:15PM-7:45PM	TBD

All Star Elite Teams	Age As of Jan 1st, 2021	Practice Schedule	Mandatory Team Placement	Mandatory Parent Meeting
Calico Cats U8	5-8 years	Wednesdays 6:15-8:15PM Sundays 5:00-7:00PM	**August 27-28 5:00-7:00pm	August 20, 7:30pm, and TBD
Sassy Cats U16	13-16 years	Thursdays 6:45-8:45PM Sundays 2:30-4:30PM	**August 27-28 5:00-7:00pm	August 20, 7:30pm, and TBD



Tentative Competition Schedule

This Competition Schedule is TENTATIVE and may change at any time. Sabres Cheer will inform you of any changes as soon as they are communicated to us. More details will be provided in your welcome packages.

√ = 1 Day 1 Run Competition

TEAM	Cold Snap Jan 24-26 Edmonton	Rise Up Feb 5-6 *VIRTUAL*	Red Deer Feb 20 Red Deer	True North Feb 26-28 Edmonton	Stampede Mar 13 Calgary	Extravaganza April 16-17 Edmonton
Cubs U6		√				√
Kitty Cats U6		√	√	√		√
Tabby Cats U8		√	√	√		√
Ice Cats U12		√	√	√		√
Cool Cats U16		√	√	√		√
Calico Cats U8	√	√	√	√	√	√
Sassy Cats U16	√	√	√	√	√	√



Fee Schedule

Our fee schedule and structure has changed this year. Here is a breakdown of each team's total fees and payment schedule (payment policies will be listed in the next section). All fees have a Non-Refundable Registration fee that includes the cost of Athlete Insurance, registration with Cheer Canada and the Alberta Cheerleading Association, first monthly tuition installment and an Administration fee. This fee is due at time of registration. Fees include all Coaching time and Clinics, Choreography, Music, Club shirt, and Gym Usage.

Prices and installments do not include competition fees or GST.

PLEASE NOTE This year, there is **NO MANDATORY FUNDRAISING or VOLUNTEER HOURS!** There will be opportunities for you to fundraise towards your fees if you choose to participate. More information will be available at your Mandatory Parent Meeting in September.

Recreation Cheer (half year session from Sept-December or January-April)

Age	Practice Days	Total Tuition
4-8 years old	Saturdays 11:30AM – 1:00PM	\$250.00
9-14 years old	Saturdays 1:15PM – 2:45PM	\$250.00

Tiny Novice (September-April)

Age	Practice Days	Total Tuition	Registration Fee	Monthly Tuition
Cubs 4-6 years old	Tuesdays 5:00-6:00pm	\$700	\$140	\$80

All Star Prep (September – April)

Age	Practice Days	Total Tuition	Registration Fee	Monthly Tuition
Tabby Cats 7-8 years old	Mondays 5:00-6:30PM	\$950	\$180	\$110
Ice Cats 9-12 years old	Mondays 6:45-8:30PM	\$1025	\$185	\$120
Cool Cats 13-16 years old	Tuesdays 6:15-7:45PM	\$1025	\$185	\$120

All Star Elite (September – April)

Age	Practice Days	Total Tuition	Registration Fee	Monthly Tuition
As of Jan 1 st , 2021				
Calico Cats 5-8 years old	Wednesdays 6:15-8:15PM Sundays 5:00-7:00PM	\$2025	\$275	\$250
Sassy Cats 13-16 years old	Thursdays 6:45-8:45PM Sundays 2:30-4:30PM	\$2225	\$300	\$275

Competition Uniforms & Jackets

We are currently in year 2 of our 3-year uniform cycle. A uniform swap Facebook group is available if you are looking to buy a used uniform (information will be sent to you in your Welcome email).

****Please note, all used Uniforms MUST be approved by the Club Manager for proper fit. ****

It is **STRONGLY RECOMMENDED** that All Star ELITE Athletes have a Team Jacket to be worn at all competitions and events. This is the same jacket as last year, so you do not need to purchase a new one. All Star Prep and Novice athletes will also have the opportunity to purchase a jacket this year!

Sizing for Uniforms and Jackets will occur in September by the Club Manager and will be communicated closer to the date.



Team Jackets



All Star Elite Uniform



All Star Prep Uniform

Item	Total Cost (Incl. GST)	Payment Due
Club Jacket	\$150.00	October 20, 2020
Tiny Novice Uniform	\$150.00	September 20, 2020
All Star Elite Uniform	\$355.00	September 20, 2020
All Star Prep Uniform	\$225.00	September 20, 2020

Our Payment Policy is listed in a later section. Please review in its entirety.

Competition Uniforms & Jackets Continued....

If you need additional assistance or payment arrangements for the cost of uniforms, please contact the Club Manager at info@sabrescheer.com as soon as possible.

Competition Bows: Each team will participate in a Team Building day during regular practice times. At this practice, they will design the Bow they will wear at competitions! This is an amazing opportunity for athletes to participate with Coaches and create something unique to their team!

Shoes: All Star Elite Athletes are required to purchase proper Cheer Shoes for their season. All Star Prep, Novice and Recreation teams are required to have PLAIN WHITE athletic shoes. **High Top Shoes are NOT ALLOWED. **

Competition Makeup: All athletes (Mini age and Older) are required to purchase Competition Makeup. This is the same as last year, and more information and ordering instructions will be available at your Mandatory Parent Meeting (Date TBD).

Competition Hairstyle: All teams will have SPECIFIC hairstyles to wear during competitions. This will be discussed in more detail at your Parent Meeting.

**It is extremely important that all families understand that the appearance of the athletes is an important part of the competition. While we are not judged on looks specifically, our overall uniformity plays a part in our overall performance score. If you have questions regarding our hair, makeup, or uniforms, please contact the Club Manager at any time. **

Participants Responsibilities and Conduct

All Athletes and parents are to follow the responsibilities and conduct guides as outlined below. Any athlete or parent found in violation of any of the following conduct policies may be dismissed from the program, and their membership with Sabres Cheer may be revoked.

Conduct Expectations

1. Challenging the authority of the Coach or person in charge, by an athlete or a parent/guardian may be grounds for dismissal.
2. Parents swearing or belittling Coaches will be removed from the gym, and the athlete will be removed from the program.
3. Athletes will follow the Image policy and guidelines for all performances and competitions.
4. When travelling with or representing Sabres Cheer in any capacity, athletes must always maintain the highest standard of behavior. No smoking, vaping, consuming of alcohol or use of drugs is permitted. This warrants IMMEDIATE DISMISSAL from the program.
5. Coaches or Directors have the right to excuse an athlete at any time for unacceptable behavior including (but not limited to) unsportsmanlike conduct towards teammates or Coaches or other teams, smoking, bullying, abuse, drug use, breach of policies, etc.
6. No member, athlete or parent, will post any negative comments directly related to Sabres Cheer, its members, Staff, or Board Members on any social media outlet, chat board, blog, or any other media, nor should they post about any other club/gym. Athletes and parents/guardians are not permitted to post any photos or videos of our routines before competitions have occurred.
7. No members shall post pictures of any other member while in uniform and/or practice gear that would reflect poorly upon the program or individual.
8. Athletes and Parents may NOT use the Sabres Cheer Logo, gym name, or team name without written consent from the Board of Directors.
9. Sabres Cheer has a ZERO TOLERANCE POLICY for bullying or abuse of ANY KIND. If any athlete is found to be bullying or abusing another athlete in ANY WAY, they will be IMMEDIATELY DISMISSED from the program.
10. All athletes must understand that it is not a right to be part of Sabres Cheer, it is a privilege.

Attendance Expectations

Cheerleading requires teamwork and dedication from all its members to ensure the success, and most importantly the safety of our athletes. Our attendance policy has been modified to keep all athletes and Coaches safe.

1. Before an athlete will be permitted into practice, the Online COVID-19 Screening Form must be completed. If this form is not completed, the athlete will not be able to enter the building. This form needs to be filled out on the day your athlete is to participate and cannot be filled out in advance. This is applicable for all practices, events, private lessons, and open gyms. The form will be in your welcome email, as well as posted in your team Facebook Group.
2. All practices are mandatory; therefore, all athletes should be in attendance. However, if you are experiencing any symptoms of COVID-19, you MUST STAY HOME.
3. Coaches reserve the right to remove athletes from stunts and choreography for any number of absences or for not fully participating in practices.
4. If you incur an injury that prevents you from participating, you still need to attend team practices to keep up with the routine and learn the choreography the best you can.

5. Athletes must arrive prepared for practice and on time. Due to current COVID-19 Protocols, athletes will only be permitted to enter the building 5 minutes before practice starts. If this changes, it will be communicated to you through email.
6. A full commitment to attend ALL Competitions is required and is necessary from all families.
7. If you know your athlete is going to be absent, please inform your Coach ASAP. Coaches plan practices in advance and require time to make changes to the practice plan if your athlete will not be attending. Please respect the Coaches time by giving them as much notice as possible.
8. If your athlete is going to miss a practice and you have given adequate notice, a ZOOM Meeting may be created for your athlete to participate in. This is necessary for athletes to keep them from falling behind in choreography and changes to the routine. In Cheer, the routines WILL CHANGE from competition to competition, and sometimes week to week depending on the circumstances. For some practices (depending on Coach Planning), a ZOOM call may not be appropriate (stunting cannot be practiced effectively without the entire stunt group). This will be communicated to you by your Team Coach.
9. If a ZOOM Meeting is not possible, parents will be required to book a Private Lesson with the Team Coach at their own expense to ensure their athlete is not falling behind within 7 days of the missed class. Failure to do so may result in your athlete not being able to participate in certain activities/parts of the routine.
10. Athletes who miss any of the practices within a week of a competition or performance may be removed from the routine for safety and efficiency reasons. This decision will be at the discretion of the Coach.

Gym Rules

1. Parents are not permitted into the gym at this time unless requested by their Coach. Please do not enter the gym for any reason unless specifically requested to do so.
2. Use of any equipment is strictly forbidden without the proper supervision of a Sabres Cheer Coach or Coach in Training.
3. Only Sabres Cheer Coaches may spot tumbling.
4. The Supervising Coach is in charge and has the authority to remove anyone from the gym at any time.
5. No food or beverages may be consumed on the gym floor. Water may be consumed in the designated area.
6. Absolutely no jewelry can be worn during practice or competitions. All earrings and piercings must be removed BEFORE entering the gym. Sabres Cheer and their Coaches are not responsible for jewelry brought into the gym by an athlete.
7. Please keep all valuables at home. There are no lockers or safe placed to lock up your belongings. Sabres Cheer is not responsible for lost or misplaced items. All phones must be put on silent and placed in your bag.
8. Hair must be tied back and away from eyes.
9. Fingernails must be trimmed to an appropriate short length. Athletes whose nails are deemed too long (unsafe) will not be permitted to practice until they are cut.
10. Any injury, no matter how small, needs to be reported to your Coach immediately, even if it seems to be insignificant or not cheer related.
11. All athletes must always wear appropriate clothing. Inappropriate language, suggestive language or images printed on clothing is not permitted. Jeans/denim are not prohibited while practicing.
12. Smoking, vaping, drugs (including marijuana) or alcohol are strictly prohibited. Any athlete participating in such activities will be immediately removed from their team and the Sabres Cheer Club. Anyone appearing to be "under the influence" will be immediately dismissed from the gym.

13. Any abusive behavior of any kind is grounds for dismissal.
14. Jeopardizing the safety of yourself or someone else is grounds for disciplinary action or dismissal from the program.

Parental Obligations

1. Parents are obligated to discuss these rules and expectations with their athlete(s), and ensure the athlete always follows them.
2. Any negative behavior by a parent (or athlete) towards a Sabres Cheer athlete, Coach or Director, or another gym or team may result in removal from the gym and/or dismissal from the program.
3. Parents need to ensure their athletes arrive prepared and on time for all practices, events, and competitions.
4. Parents are to communicate with Coaches if their athlete is going to be late/absent from practice.
5. Parents must fulfill all financial commitments. Athletes will be sat out of practice as per our Fee and Payment policy if fees are not up to date.
6. Competition commitments include those activities before, during and following the actual competition, and all athletes are required to attend. If parents need to leave a competition early, they must make arrangements for their athletes so they can attend the entire competition.
7. We encourage positive and open communication. If you, as a parent/guardian have any questions or concerns, please feel free to reach out.

Refund and Payment Policy

Family Discount: Sabres Cheer offers a discount to families with two or more children participating on All Star Prep or All-Star Elite Teams. A \$100 Credit will be applied to the second and subsequent All-Star Elite athletes account. A \$50 Credit will be applied to the second and subsequent All-Star Prep athlete.

Payment Methods: ALL FAMILIES must have a VALID CREDIT CARD on file through Amilia. Our payment plans that are set up through Amilia will charge credit cards on file as per the payment schedule provided to you at registration. If you DO NOT have a credit card, please contact treasurer@sabrescheer.com to make arrangements with the Treasurer. Automatic Payments MUST be set up BEFORE participation can occur.

If parents are splitting payments, it is up to both parents to figure out the payment plan amongst themselves as we are not able to charge multiple cards without additional charges.

Due to current COVID-19 restrictions and safety protocols, we will not be accepting Cash or Cheques for tuition payments at this time.

NSF and Overdue Accounts: A \$25 surcharge will be assigned to any Credit Cards that are on file and not able to be processed. Families are responsible for making arrangements with the Treasurer to bring the account up to date. If the account is not brought up to date within 7 Days, a \$25 late

fee will be assigned. If the account is still not up to date after 14 Days, the athlete will not be able to participate until the entire balance owed, including all additional fees, is paid in full.

Refund Policy: All initial registration payments are non-refundable within 7 days of the first class.

All Star Elite, All Star Prep and Novice:

- Monthly tuition payments are non-refundable once paid.
- Uniform and Jacket fees are non-refundable once paid.
- If withdrawing from the program after the program has started, no refund will be given on fees already paid. Additional fees and payments will cease 30 days after notice has been given in writing (please see withdrawal policy below)
- If a government shutdown is enforced upon us, all classes will continue virtually. There will be no refunds for missed classes.
- There is no refund for travel or competition fees if your athlete fails to attend. *We are working on policies with appropriate organizations for COVID related travel and competition refunds. *

Recreational Programs, Tumbling Classes, Seasonal Classes, and other training classes:

- 30+ days before the start of class, a refund minus a 20% cancellation fee will be given
- 15-29 days before the start of class, a refund minus 30% cancellation fee will be given.
- Less than 15 days before the start of a class, a refund minus 50% cancellation fee will be given.
- After the start of class, no refund will be given.

Special Guest Clinics & Guest Private Lessons

- No refunds will be given after booking.

Withdrawal Policy:

- ANY request to withdrawal from the competitive program MUST be done in writing, addressed to the Club Manager. Absolutely NO withdrawals will be allowed after January 1st.
- If a withdrawal is done after January 1st, the remaining monthly fees will be payable in full at the time of withdrawal.