



SEASON 3 PROGRAM HANDBOOK 2021-2022



MESSAGE FROM THE OWNER



Welcome back to Muskoka Elite. Its been a tough and challenging year for most families but it has been incredibly uplifting to see the strength and resilience shown by Muskoka Elite families through COVID-19. Many reached out throughout the shutdown to remark about how much they missed cheerleading and how they could not wait to get back on the mats. For me, this was a light in a dark time; knowing that cheerleading provided something for Muskoka kids to look forward to when life returned to normal.

With that said, Muskoka Elite is ready to get back in the game! We are taking a cautiously optimistic approach to this season and planning for as much normalcy as possible. With most government restrictions lifted on indoor sports, we can finally get back to the teams, friendships, memories, and practices we love. After a sixteen-month brake from stunting, body contact in sport has been allowed once again and we can resume stunting in Ontario! This is the breath of fresh air we have been waiting for.

Season 3 comes with promise and excitement! With the addition of a Tiny Prep team and Muskoka Elite's first level 2 team, we are set to truly accommodate all ages and levels this season. We have also added new competitions to our program calendar this year, one of which is in Barrie, ON. Additionally, we have exciting guest instructors scheduled to visit us through the year to help with skills development and choreography. Every effort was made to deliver an exciting and memorable third season that is respectful of families' wallets. The season caps off with an all star trip to the competition that was stolen from us in 2020; Canadian Nationals. With all that I am, I'm looking forward to a wonderful year that exceeds the season we started more than two years ago. I hope you will join us!

Tony Bentley
Owner & Head Coach

WELCOME TO MUSKOKA ELITE

Welcome to Muskoka Elite Cheer & Tumbling! This handbook is designed to give families the information needed to make informed decisions about their participation at Muskoka Elite. The handbook outlines program details, commitments, dates, requirements, policies and costs. Families who plan to join a competitive team should read through this document in its entirety and contact us with any questions.

Mission

Be a leader in sport while empowering young minds to trust the learning process, believe in themselves, and achieve their goals.

Vision

To foster competence, confidence, and passion in young people while creating meaningful memories.

Values

Have Fun. *Strive to make every experience fun for yourself and for those around you.*

Be Accountable. *Own your commitments. Deliver results; not excuses.*

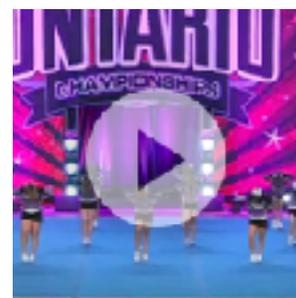
Be Determined. *Enjoy the learning process. Work hard and pursue success through failure.*

Be Responsible. *Manage your little piece of the world and make it shine!*

Celebrate Success. *Achieve your goals and revel in your success with loved ones.*



WHAT IS ALL STAR CHEER? CHECK OUT OUR ROUTINE VIDEOS!



Cheer combines gymnastic tumbling, acrobatic stunting, dance and choreography into a two and a half minute routine to be competed at local, regional, and national competitions.

Visit www.MuskokaElite.com and click "Video Gallery"

WHY CHEERLEADING?

BUILD CHARACTER

Parents love cheer because it teaches values like trust, teamwork, commitment, punctuality, reliability, perseverance, hard work, and friendship. These values not only build great athletes; they build great people. Cheerleading equips kids with lessons that will serve them for life!

FRIENDS FOR LIFE

Cheer friends are the best friends! The relationships cheerleaders build on the floor are built for life. The inclusive nature of cheer forces athletes of all shapes, sizes and backgrounds to trust and rely on each other in a way that is unique and beautiful! Friends made on cheer teams last a lifetime.

HEALTH & FITNESS

Cheerleaders build and refine their agility, balance, and coordination through power lifting and calisthenic movement while targeting both the aerobic and anaerobic metabolism. Practices involve intense periods of fitness and strength conditioning. A great workout guaranteed!

TEAMWORK

Cheerleaders lift each other off the ground. The trust, commitment and team work needed to do this safely, confidently, and successfully cannot be found in any other sport. Teammates develop relationships like no other. Cheerleading only works when teammates cooperate and collaborate.

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TEAM OVERVIEW

	AGES	DIVISION	REQUISITE SKILLS	PRACTICE TIMES	CHOREO CAMP	TUMBLING CLASS	TRYOUTS	TRAVEL	
REC CHEER		FALL SESSION, SEPT 10 - NOV 21 WINTER SESSION, JAN 7 - MAR 5							
SNOWFLAKES	4-6	Novice	N/A	FR 5:15-6:00pm	None	Optional	Not Required	NA	
JUNIOR FROST	7-11	Novice	N/A	SU 10:00-11:00am	None	Optional	Not Required	NA	
PREP CHEER		SEASON: SEPTEMBER 7 - MARCH 5							
TINY TWINKLES	5-6 Born 2015-2016	U6 Prep Level 1	N/A	TU 4:00-5:00pm Sept to Mar	Oct 16 9:00am-1:00pm	Optional	Not Required	NA	
MINI MINNOWS	7-8 Born 2013-2014	U8 Prep Level 1	N/A	TU 5:00-6:30pm Sept to Mar	Oct 16 2:00-7:00pm	Optional	Not Required	NA	
ALL STAR CHEER		SEASON: SEPTEMBER 7 - APRIL 15							
SHOOTING STARS	9-12 Born 2009-2013	U12 All Star Level 1	Forward roll, cartwheel, & bridge.	TU 6:30-8:30pm SU 12:00-2:00pm Sept to April	Oct 23, 9:00a-2:00pm Oct 24, 9:00-4:00pm	Required	Required Aug 24, 5:00-7:00pm	Canadian Nationals Niagara Falls, ON	
STORM	10-17 Born 2004-2012	U17 All Star Level 2	Strong front and back walkovers.	FR 7:00-9:00pm SU 3:00-5:00pm Sept to April	Oct 22, 4:00-9:00pm Oct 23, 2:30-9:30pm	Required	Required Aug 25, 6:00-8:00pm	Canadian Nationals Niagara Falls, ON	



All practices, performances, and competitions are mandatory. Teams require all athletes to be present to train effectively. Muskoka Elite is committed to protecting the safety of its athletes and the investment of its customers. See Appendix B for our full Attendance Policy.

TEAM COSTS

	SEPT 1	OCT 1	NOV 1	DEC 1	JAN 1	FEB 1	MAR 1	APR 1	TOTAL	SEPT 15 (Uniform & Jacket)
REC CHEER										
FALL SESSION, SEPT 10 - NOV 21 WINTER SESSION, JAN 7 - MAR 5										
SNOWFLAKES	\$195	<i>Rec prices include a t-shirt and performance in Bracebridge, ON</i>			\$215	<i>Rec prices include a t-shirt and performance in Brampton, ON</i>			\$410	Uniform Not required
JUNIOR FROST	\$225				\$245				\$470	
PREP CHEER										
SEASON: SEPTEMBER 7 - MARCH 5										
TINY TWINKLES	\$200	\$200	\$200	\$40	\$40	\$40			\$720	Uniform \$256 Jacket \$124
MINI MINNOWS	\$220	\$220	\$220	\$60	\$60	\$60			\$840	
ALL STAR CHEER										
SEASON: SEPTEMBER 7 - APRIL 15										
SHOOTING STARS										Uniform \$256 Jacket \$124
JUNIOR HAWKS	\$325	\$325	\$325	\$325	\$115	\$115	\$115	\$115	\$1760	
STORM										

INCLUDED

- All competition registration fees
- Athlete insurance
- Practice gear (3-piece for all star, 2 piece for prep)
- Routine choreography
- Guest instructors
- Professional routine music
- Coaches costs
- Program tuition

NOT INCLUDED

- Black practice shorts
- Event spectator admission
- Event parking fees
- Competition transportation/accommodations
- Uniform items
- Awards banquet tickets
- Tumbling classes
- Ontario Cheer Federation and Cheer Canada memberships
- Team travel competitions



CHEER GEAR

	REC CHEER TEAMS	PREP CHEER TEAMS	ALL STAR CHEER TEAMS
PRACTICE GEAR	Included: T-shirt. Not included: White shoes, black shorts.	Included: T-shirt & bow. Not included: White shoes, black shorts.	Included: T-shirt, tank top, & bow. Not included: White shoes, black shorts.
UNIFORM	Not Required		Uniform \$256 Due Sept 15
TEAM JACKET	Not required		Optional purchase for competitive members. \$124 Due Sept 15.
MAKEUP KIT (3 PIECES)	Not required		Includes two eye shadows and one lip colour. \$35 Does not include primer, eye liner, mascara, or blush. Due November 1st.
CHEER SHOES	Available for purchase through Muskoka Elite and other retailers. Note, branded cheer shoes are not required. Plain, white, athletic shoes are appropriate.		
BLACK PRACTICE SHORTS	Any brand or style of black, athletic shorts are appropriate.		

Families who do not already own the items above should plan to purchase them.

Note, lightly used articles may be available for purchase on our [Muskoka Elite Used Cheer Gear Facebook Group](#).

Uniform & Jacket Cycle. Muskoka Elite's uniform and jacket cycle has been extended to 2023. The 2021/2022 season is the third year of a four-year uniform & jacket cycle. New families will need to purchase the uniform. Team jackets are optional. These items will be charged on Sept 15, 2021. Both can be used until the end of the 2022/2023 season.

Uniform Pricing by Piece: Bodysuit \$155, Skirt \$75, & Bow \$26. Contact us for male uniform pricing.



COMPETITION SCHEDULE

CRUNCH TIME CRITIQUE

Date: November 19, 2021 **Location:** Bracebridge, ON. (Venue TBC)

Summary: *Crunch Time Critique* is a closed, in-house event limited to Muskoka Elite athletes and staff. Family and friends are kindly requested to not attend. These performances are an opportunity for teams to perform for and critique each other prior to their showcase, Spirit of Muskoka.

SPIRIT OF MUSKOKA

Date: November 21, 2021 **Location:** Bracebridge, ON. (Venue TBC)

Summary: *Spirit of Muskoka* is Muskoka Elite's year-opening showcase where teams will perform their routines for their families, friends, and their community. The event is open to the public and athletes are encouraged to invite anyone they wish.

CHEER FOR THE CURE

Date: December 4 OR 5 **Location:** Tribute Centre. Oshawa, ON

EXTREME CHILL

Date: January 29, 2022 **Location:** Georgian College. Barrie, ON

WINTERFEST

Date: February 26, 2022 **Location:** Paramount Fine Foods Centre. Mississauga, ON

ONTARIO CHALLENGE CUP

Date: March 5, 2022 **Location:** CAA Centre. Brampton, ON

CANADIAN NATIONALS

TRAVEL EVENT

Date: April 8-10, 2022 **Location:** Scotia Bank Centre. Niagara Falls, ON



ALL COMPETITIONS ARE MANDATORY. Competitions are a mandatory part of our Prep Cheer and All Star programs. Even a single absent teammate negatively impacts a team's ability to perform their routine and compete effectively. Families who cannot respect the attendance requirement will be subject to disciplinary action up to and including dismissal. Please note that missed practices prior to a competition may result in that athlete being removed from the routine for the up-coming event at the coaches' discretion. If this occurs, the athlete will be put back in the routine following the competition, but it may not be in the same position(s). Please see Appendix B to review Muskoka Elite's detailed attendance policy.

	CRUNCH TIME CRITIQUE	SPIRIT OF MUSKOKA	CHEER FOR THE CURE	EXTREME CHILL	WINTERFEST	ONTARIO CHALLENGE CUP	CANADIAN NATIONALS
Snowflakes	●	●				●	
Junior Frost	●	●				●	
Tiny Twinkles	●	●	●	●		●	
Mini Minnows	●	●	●	●		●	
Shooting Stars	●	●	●	●	●	●	●
Storm	●	●	●	●	●	●	●

PROGRAM CALENDAR

2021/2022 SEASON

July 30	Prep & rec cheer teams open for registration
August 5	Parent Information Session, 6:30pm via Zoom
August 24 & 25	All star team tryouts
August 27	All star team rosters posted
September 1	CHEER SEASON BEGINS
September 7	Teams begin their regular practice schedule. Tumbling classes begin.
September 7-12	Family Orientation Meetings during each team's first practice (one parent must be in attendance)
September 10	Uniform Sizing Night. Rotary Centre, 4:00-9:00pm
September 13	Uniform sizes due
September 13-19	Bring a friend week
September 23	Travel meeting via Zoom (Required for all star families)
October 4-10	Pink Week. Wear pink to support breast cancer awareness.
October 9-12	Closed for Thanksgiving. No practices.
October 16	Prep choreography camps (in addition to scheduled practices Oct 17).
October 22-24	All star choreography camp (in lieu of scheduled practices & tumbling classes)
October 30	Spooky Soiree
November 7	Coffee with Coach Tony. Open discussion with Coach Tony followed by Q & A. (Time TBC)
November 8-14	Remembrance Week. Wear red & white to practices and classes.
November 19	PERFORMANCE. Crunch Time Critique (In-house performances, closed event)
November 21	PERFORMANCE. Showcase: Spirit of Muskoka. (Session end for Rec Cheer Teams)
December 4 OR 5	COMPETITION. Cheer for the Cure. Oshawa, ON.
December 12	Last practices before Christmas Break. Teams meet as scheduled.
Dec 13 - Jan 2	Gym closed for Christmas Break. Classes resume Jan 3.
January 3	Practices Resume. (Winter Rec Cheer begins)
January 3-9	Bring a friend week
Feb 28 - Mar 6	Tacky Tourist Week. Wear your tackiest outfit to practices.
January 29	COMPETITION. Extreme Chill. Barrie, ON.
February 7-13	Love Cheer Week. Wear purple to all practices and classes.
February 13	Coffee with Coach Tony. Open discussion with Coach Tony followed by Q & A. (Time TBC)
February 26	COMPETITION. Winterfest. Mississauga, ON.
February 28	Last day of tumbling classes
March 5	COMPETITION. Ontario Challenge Cup. Brampton, ON. (Last day for rec teams)
March 6	Last practice for Prep Teams
March 13-20	Gym Closed for March Break. All star practices resume March 21.
March 15	Summer Camps open for early registration
April 7 OR 8	Depart for Canadian Nationals
April 8-10	COMPETITION. Canadian Nationals. Niagara Falls, ON.
April 12-15	Last practices for all star teams
April 19	Year End Awards Banquet
	SEASON ENDS
MAY 2022	All star team selection

HOW TO JOIN A TEAM

Ready to join an all star cheer team? Follow these easy steps!

Note: Tryouts are not required for prep and recreational cheer teams. Simply register online for your team of choice.

1. **Review all team information.** Review all of the team commitments, dates, and fees as outlined in this handbook. It is very important that families understand all program requirements and expectations before joining a team.
2. **Register online for tryouts.** Visit www.MuskokaElite.com and click Register. Complete your tryout enrolment online.
3. **Attend Tryouts.** Each athlete registered for tryouts will be given the opportunity to demonstrate their proficiencies. All prospective students will be assigned to a team that is age appropriate and matches their skill level. No one is excluded. Tryouts are simply an opportunity for coaches to identify which team would be the best fit for each athlete.

*If September 1 has passed and you would like to be considered for a team, please call (705) 706-1045.

What to Expect

Level 1 Cheerleading

Level 1 teams are for beginners and everyone who tries out will be placed on a team. Participants are evaluated to determine which role would be most suitable for them on the team (ie, base, backspot, or flyer) and athletes are assigned to a team that matches their age, maturity, ability level and designated position on the team. Strong forward rolls and cartwheels are an asset.

Level 2 Cheerleading

Participants who would like to be considered for our level 2 team, Storm, are evaluated in a similar fashion as level one participants with a higher threshold for tumbling and stunt difficulty. Strong proficiency in stunt fundamentals is required. Prospective athletes should demonstrate strong front and back walkovers. Back handsprings are a significant asset.



FREQUENTLY ASKED QUESTIONS

We are new to cheer. Do we have to start with recreational classes?

No. Beginners can participate on an all star level 1 team or a prep cheerleading team. Both are competitive teams that focus on basic skills and compete against other beginners.

How much does cheerleading cost?

See page 6 for team-specific costs.

How old does my son/daughter have to be to cheer?

This year, Muskoka Elite will offer programs for kids ages 4 and up. In the future, we hope to offer Tots Cheer programs for ages 3.5-5.0.

Where are the competitions located?

This year, competitions will be mostly in the Greater Toronto Area.

How can I register for a team?

See page 10.

We have a vacation planned next year. Is it ok if we miss a few weeks of cheer?

Unfortunately, absent teammates negatively affect a team's ability to practice effectively. Families are encouraged to schedule their vacations during scheduled breaks (summer, Christmas, and March Break) to avoid missing cheer practices. Families who are not able to commit to all practices should choose a recreational cheer program. Please see Appendix B for our detailed attendance policy.

Where can I buy cheerleading shoes?

Muskoka Elite stocks limited quantities of cheerleading shoes at the beginning of each season. We can also order shoes in for families. Cheer shoes are also available for order from online retailers.

Can we train at Muskoka Elite while attending another cheerleading gym?

No. Muskoka Elite and the IASF do not allow athletes to train competitively at two separate gyms. In certain circumstances, athletes may attend Muskoka Elite for workshops and special events with the permission of their current gym.

What should my kids wear to practices?

For all star and prep teams, athletes should wear their designated practice apparel (see your coach for your team's training gear schedule). Black shorts and white shoes should be worn. Hair should be tied back. All star athletes should also wear their team bows. Recreational cheerleaders are welcome to wear clean indoor shoes, shorts, and a t-shirt with their hair tied back. Jewellery is not allowed in any class at Muskoka Elite.

Is it true that cheerleading will be in the Olympics?

Yes. In Tokyo 2021, the International Olympic Committee fully recognized Cheerleading as a sport. Cheer is likely to be seen at the Summer Games in 2024.

What certifications do cheerleading coaches have?

Cheer coaches are certified by the International Cheer Union. Tumbling coaches may be certified by the ICU or by the National Canadian Coaches Program for Artistic Gymnastics. All coaches have first aid and CPR certificates.

Can we try it out before we join?

Muskoka Elite hosts Check Out Cheer classes through out the season. These are low-cost, low-commitment classes available for new participants to try the sport. Prior to September 15th each year, prospective members are welcome to attend one practice free of charge. After September 15 each year, teams are closed to new members.

Can we join more than one team?

Yes. In cheerleading this is called crossing over. Athletes may crossover to a second or third team as long as they can make all the required commitments to each team, including competitions, travel and team fees. See Appendix F for our crossover policy.

Why are practices mandatory? What about illnesses or family emergencies?

Absences deprive other participants of their ability to practice. Stunt groups and pyramids cannot train with even one person missing. Therefore, in the interest of respecting the investment of all families, Muskoka Elite enforces a strict attendance policy (see Appendix B). Families are asked and required to choose a program which matches their commitment level.

APPENDICES

A. PAYMENT AND REFUND POLICY

The following outlines payment expectations and processes at Muskoka Elite Cheer and Tumbling.

COMPETITIVE CHEER

All star and prep team payments are due on the dates listed in the program handbook which can be accessed at www.MuskokaElite.com. Please note that HST is not included in any advertised fees. Families are required to have electronic payment information on file through the duration of the season. This can be in the form of direct bank draft or credit card. Families who choose to pay cash are welcome to do so but must also provide electronic payment information to secure their account. Muskoka Elite posts fees to family accounts five days prior to their due date. Families may log into the Parent Portal at any time to review charges and payments. On the first business day of each month, Muskoka Elite will charge families the full balance on their account. Fees not paid by due dates will incur a \$25 late fee. Declined credit cards and NSF bank withdrawals will also incur a \$25 fee. Occasionally, certain fees will be processed on the 15th of the month for special payments. Muskoka Elite recognizes that circumstances arise occasionally that may require special arrangements for payments. Muskoka Elite will do its best to accommodate these needs in extenuating circumstances. All requests for special arrangements must be submitted in writing to billing@muskokaelite.com.

Pay-to-Play Policy

Muskoka Elite Cheer and Tumbling maintains and enforces an ongoing pay-to-play policy. Athletes whose accounts become past due by fourteen (14) days or more may not be permitted to attend practices or classes until their account is brought into good standing. Missed practices due to non-payment will not be excused and will be subject to our Attendance Policy (See Appendix B). Athletes who sit out due to non-payment will be invited back to practices and classes once the full balance owing has been paid, including any and all penalties.

Refunds & Withdrawals

Withdrawals will be processed with written notice from the family in question. Withdrawals received mid-year will be processed without refund for tuition already paid and families will not be charged subsequent tuition payments. Note, enrolment fees, commitment fees, program fees, registration fees, apparel, uniform costs, jacket costs, competition fees and travel costs are non-refundable. Families who withdraw from a cheerleading team do so with the understanding that they forfeit any and all claims to these funds. The following fees will be refunded as detailed below:

Enrolment Fee due Sept 1, 2021 is eligible for a 50% refund until Sept 15. After Sept 15, no refunds will be issued.

Uniform & Jacket Fees due Sept 15, 2021 are not eligible for a refund once the items have been purchased by Muskoka Elite.

Program Fees due Sept 15, Oct 15, and Nov 15, 2021 are eligible for a 50% refund for 14 calendar dates. After 14 days, no refund will be issued.

Tuition Fees once paid are not eligible for a refund.

Special Circumstances

Participants removed from their team at Muskoka Elite Cheer and Tumbling due to code of conduct or attendance violations are not eligible for refunds, including enrolment fees, commitment fees, program fees, registration fees, apparel, uniform costs, jacket costs, competition fees, travel costs and tuition fees. In cases of injuries, short term injuries resulting in thirty days' non-participation will receive no compensation on tuition and athletes are welcome to return to play with a doctor's note. Medical withdrawals will not receive refunds on tuition even if attended by a doctor's note. If an athlete is injured or ill and will be out of training for over thirty days, the family in question will not incur tuition fees past the date of injury. All injuries will be dealt with on an individual basis and should be communicated to coaches and management immediately.

RECREATIONAL

Recreational programs are charged by the session. Families are required to remit payment in full twenty-one (21) days prior to the class start date. Families who do not submit payment for classes prior to the session start date may be removed from the class and their position filled from the waitlist. Muskoka Elite understands that occasionally families apply for funding through Kidsport, JumpStart, and other NGOs. Tuition is to be received prior the start of the first class. Once funding has been approved and received, it will be applied to the family account as a credit to be applied towards future tuition charges. Families attending sessional classes may withdraw twenty-one (21) days prior to the start date without penalty. Withdrawals processed less than twenty-one (21) days prior to the class start date will be processed with a 20% cancellation fee. As of the class start date, families may withdraw within fourteen (14) days and receive a refund with a 40% cancellation fee. After attending two classes, withdrawals will be processed without refund. Classes which meet a total of three or less times (ie, Check Out Cheer and/or workshops) are not eligible for refunds once paid.

DISCOUNTS.

Multi-student discounts are available to families who register two or more participants in an all star or prep cheer program (recreational programs not included). Families will pay full price on their first participant and will receive a twenty-five percent (25%) discount on tuition for their second and third participants. In cases where program price points differ, the more expensive program will be charged full price and the less expensive program will receive the discount. The multi-student discount applies to tuition payments only and will not be applied to enrolment fees, commitment fees, program fees or uniform/jacket fees.

Crossovers receive a discount on their second team. See Appendix F to review our Crossover Policy.

APPENDICES

B. ATTENDANCE POLICY

RECREATIONAL ATTENDANCE POLICY

Recreational families are encouraged to make every effort to attend all scheduled classes. Course curricula are designed with specific timelines in place to bring participants through required skills in a reasonable time frame. For cheerleading classes, partner work is impossible to train when one member of a group is missing. Thus absences may not only affect a child's progress negatively but their stunt group as well. Therefore, absences are highly discouraged. Continued absence could lead to disciplinary action up to and including dismissal. Students are not eligible to make up missed classes whether excused or not.

ALL STAR & PREP CHEER ATTENDANCE POLICY

GENERAL. Attendance at practices, camps, and competitions is mandatory without exception. One absent athlete can prevent an entire team from being productive. Muskoka Elite is committed to protecting the time and financial investment of all families and will enforce this policy as necessary. Absences are taken seriously and could result in the removal of your child from the routine. Families are asked and required to demonstrate strong time management ensuring vacations, appointments, and school work do not impact a team's ability to practice. Coaches can only coach effectively if they can work with the entire team at every practice. Families who cannot manage their time properly or respect the attendance policy may be re-accommodated in a recreational program. Participants removed from routines for attendance violations are not eligible for refunds, including registration, apparel, competition, or tuition fees. (See Appendix A)

SAFETY. In cheerleading, stunting involves inherent risks. Falls jeopardize the safety of both bases and flyers alike. Consistency of execution mitigates against the risk of injury. Safe and controlled stunting requires regular and consistent practice. This can only be achieved if stunt groups work together regularly and often. Absences directly and negatively impact a stunt group's ability to be consistent and therefore represent a genuine safety risk. Muskoka Elite Cheer and Tumbling is committed to the safety of every athlete.

INJURIES. If time off due to injury or illness is required, a return to active participation note will be required from a doctor before training resumes. Athletes who are off training due to an injury are still required to attend practices to sit out and watch where possible. They are expected to keep up with routine changes and new choreography. Athletes who miss a practice or practices due to injury may be pulled from the routine for the next competition and may not be returned to the same position for any subsequent competitions.

ILLNESS & CONTAGION. Athletes experiencing headaches, nausea, soar throat, upset stomach, sneezing, coughing, sinus congestion, or any other flu-like symptoms must report their symptoms to Gym Management. Illness of this sort will be managed on a case-by-case basis in accordance with the most current public health guidelines. Athletes who miss a practice or practices due to illness may be pulled from the routine for the next competition and may not be returned to the same position for any subsequent competitions.

COMPETITIONS. Attendance at competitions is mandatory without exception. Muskoka Elite Cheer and Tumbling's competitive program includes a number of competitive appointments during each calendar year (See page Competition Schedule). By registering for an All Star or Prep Cheer program, families make a firm commitment to attend every scheduled event. Competitive cheer teams cannot compete effectively with even one team member missing. For this reason, unauthorized absences from competitions will be treated very seriously and could result in a family's immediate dismissal from the program. Only in cases of injury or extenuating circumstances and with sufficient notice will athletes be excused from competitions. Medical withdrawals will be managed on a case-by-case basis. Refunds are not available for missed competitions even with a doctor's note.

BLACK OUT PRACTICES. The four practices leading up to a performance or competition are Black Out Practices. Athletes who miss a black out practice are subject to removal from their routine at the coaches' discretion. In missing a black out practice, an athlete forfeits participation in the approaching competition and may not be returned to the same position for subsequent competitions.

VACATIONS. Muskoka Elite Cheer and Tumbling respectfully asks and requires that families do not book vacations during the regular season (Sept-Apr) unless during a regularly scheduled break; ie, summer, thanksgiving, Christmas, or march break. Families are asked to plan their family trips during these times as not to adversely impact their team's training. Absences due to trips and vacations will not be excused and could jeopardize an athlete's role in their routine, especially during competition season.

SCHOOL COMMITMENTS. Muskoka Elite Cheer and Tumbling affirms the importance of every athlete's education. Participants are required to maintain their grades while involved in cheerleading. Muskoka Elite believes that school is every child's top priority and that this priority can be balanced with two-to-five hours of extra-curricular sport each week. Homework, tests, assessments, studying, and all other school commitments are to be managed in a way upholds cheerleading commitments. Before joining a team, families are asked to consider carefully whether they can balance Muskoka Elite's program with school.

INCLEMENT WEATHER. Muskoka Elite is committed to running all practices as scheduled and will not close for inclement weather. Families who choose to join an all star or prep team do so with the understanding that additional time may be required to drive to practices during poor weather conditions. In very rare circumstances, if weather conditions become unsafe, Muskoka Elite may declare practices optional and families may choose not to attend without penalty. Announcements of this kind will be published on Muskoka Elite's website and social media platforms. If no announcement is made, families should assume practices will run as scheduled.

EXTRA TRAINING. As a general rule, Muskoka Elite does not schedule extra training. If extenuating circumstances require, extra training may be scheduled with ample notice. The decision to schedule additional training will be made at the sole discretion of the gym owner. Muskoka Elite Cheer and Tumbling respects the complexity of our families' schedules and as such will strive to avoid schedule changes.

APPOINTMENTS. Training is scheduled at regular, weekly times. Families are expected to book appointments around scheduled training. Missed training as a result of appointments, medical or otherwise, will not be excused. Please plan accordingly.

MAKE UP TRAINING. Make up training is not offered at Muskoka Elite Cheer and Tumbling. Families are asked and required to attend all regularly-scheduled training during the regular season.

SUMMER ATTENDANCE - ALL STAR

During the summer months (June-August), families are welcome to take time away from training without penalty. Muskoka Elite Cheer and Tumbling respects that families need family time. We ask that the summer be utilized to schedule vacations and family activities. Kindly communicate summer absences to coaches and staff so we can plan effectively. All star athletes will train once a week June through August to maintain skills and conditioning. During this time, all star families are asked to attend training if you are in town. Summer skills camps are an invaluable feature of team development. Please prioritize these camps in your family's summer calendar.

APPENDICES

C. SPORTSMANSHIP POLICY

Athlete development involves a partnership between athletes, coaches, parents and management. To preserve a positive learning environment for all athletes, Muskoka Elite Cheer and Tumbling has developed a set of expectations and rules of conduct for all which embodies our organizational philosophy and mirrors the code of conduct laid forth by the International All Star Federation. All stakeholders of Muskoka Elite Cheer and Tumbling including participants, athletes, parents, guardians, family members, coaches, officials and activity hosts must act with respect for themselves and demonstrate dignity, modesty, fairness, maturity, leadership, and positivity as well as respect for others in word and in action. The same are also expected to act with respect for the facility and equipment while creating an environment that is fun, safe, and conducive to learning. Athletes attending programs at Muskoka Elite Cheer and Tumbling must respect their coaches, teammates, opponents, officials, family members and themselves.

A coach's primary responsibility is safety. As such, athletes are expected to listen to and respect coach instructions and authority at all times. By enrolling in a program at Muskoka Elite Cheer and Tumbling, parents agree to respect the experience, knowledge, expertise, and authority of Muskoka Elite instructors and administrative staff. Practices are directed at the sole discretion of coaches in conjunction with gym management. At no time is a parent or family member to instruct, coach or spot skills on the premises.

Athletes are to arrive to classes and/or training in proper attire ready to work. Muskoka Elite Cheer and Tumbling expects parents to lead by example by demonstrating respect, punctuality, sportsmanship, integrity, conflict management, commitment, determination, and teamwork. These expectations apply both inside and outside the gym. Muskoka Elite Cheer and Tumbling kindly asks and requires that families bring a positive, friendly, part-of-the-solution attitude to the gym and abstain from gossip and rumour milling. Frustrations or challenges should be communicated to gym management directly.

At competitions, athletes and families are expected to demonstrate sportsmanship by cheering for all Muskoka Elite teams as well as their opponents. Placements and final rankings are determined at the sole discretion of the event producer and its officials. These determinations are to be respected and affirmed at all times. Families who choose to speak negatively about an event producer, Muskoka Elite teams, its opponents, or its staff, whether privately, publicly, or on social media, will be removed from the program.

D. GYM RULES

1. Participants acknowledge the risks of injury associated with cheer and dance will pay careful attention to staff instructions.
2. Only indoor footwear, socks or bare feet are allowed in the gym.
3. The viewing area, change rooms, cubby area and washrooms must be kept clean.
4. Only water is permitted in the gym area. Empty bottles must be put in recycling. Personal water bottles must be removed every day.
5. Athletes must have a coach present before training skills or using any equipment.
6. To avoid injury, a proper warm up and stretch is required before training. No exceptions.
7. Any injury, as well as acute or chronic pain must be reported to coaching staff.
8. Parents are not allowed in the gymnasium at any time unless expressly invited by coaching staff. No exceptions. In cases of injury, parents are asked to refrain from attending injured athletes in the gym and respect the duty of care laid on Muskoka Elite staff and EMTs by law.
9. Hair must be tied back and should not cause distraction during training. Coaches will determine acceptable hairstyles.
10. Jewelry is not allowed per the International All Star Federation rules. This is a safety concern and exceptions will not be made. Families are advised that cheerleading competitions will not allow athletes under any circumstances to enter the competition area with jewellery. Athletes found to be wearing jewellery at a competition will attract a safety deduction for their team.
11. All athletes must wear appropriate clothing to training. Competitive athletes must wear their designated practice apparel to training. Recreational participants should wear athletic shorts, a t-shirt and clean indoor shoes.
12. Use of the equipment is strictly forbidden without the proper supervision of a qualified Muskoka Elite staff member.
13. Muskoka Elite coaches and staff are responsible for the gym and its activities. Coaches and staff have the authority to refuse or expel participants from the gym if and when they deem necessary.
14. Dangerous, silly, or disrespectful behaviour will not be tolerated at anytime.
15. Open Gym is for ages six and up. Participants six and under are encouraged to attend Daytime Playtime.
16. All accidents or incidents must be reported to a Muskoka Elite staff member immediately.
17. Equipment is to be returned to its place by the user.
18. One athlete at a time on equipment and/or drills. Participants must refrain from trying new skills unless directly supervised by a certified coach.
19. No outside shoes of any kind are allowed in the gym including dress shoes, boots or dirty runners.
20. Clothing should be presentable, tasteful, and family appropriate. Participants should strive for a wholesome, athletic, and practical appearance. Provocative or overly-suggestive clothing is not acceptable.
21. No food or drink including gum and candy is allowed in the gym. Water is allowed.
22. When and if required, the Supervising Coach will implement the emergency policy and procedures.
23. All equipment including balls, sponges, hoops, skipping ropes, etc should be put away when not in use.
24. Mats and tumbling aides should be in place at all times for safety.
25. Muskoka Elite Cheer & Tumbling is a nut-free program. Products containing nuts are not allowed at Muskoka Elite Cheer & Tumbling.
26. Siblings not participating in our programs must remain in the foyer area with a parent/guardian at all times.
27. Muskoka Elite Cheer and Tumbling is not responsible for any personal items lost or stolen.

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E. CODE OF CONDUCT

1. Membership at Muskoka Elite Cheer and Tumbling is not a right. It is a privilege.
2. Athletes & parents must be aware of the responsibilities and commitments they are making to their team. Failure to maintain these commitments could constitute grounds for dismissal of an individual athlete or family.
3. Athletes are to cooperate and be helpful to the coach or person in charge.
4. Athlete behaviour reflects directly on Muskoka Elite Cheer and Tumbling. Athletes are expected to model integrity, respect and positivity at all times.
5. Athletes must work hard, take directions, and strive for excellence.
7. Athletes will maintain a proper, wholesome appearance with no extremes in apparel, hair, make-up, piercing or tattoos. During competition season, only natural hair colours are appropriate for competitions.
8. Athletes will be on time to all activities. Regular tardiness and or absences will be grounds for disciplinary action.
9. Athletes will come prepared for all activities (proper attire, hair, shoes etc.)
10. Athletes will do everything in their power to achieve personal and team goals.
11. Continual failure to use practice time effectively is grounds for disciplinary action or dismissal.
12. When absent, the athlete and parent are responsible for finding out any missed information or routine changes.
13. Athletes who are injured or are not feeling well should still attend practice (within reason). Sick or injured athletes will not be required to participate but will watch for any changes that directly affect them. See Appendix B for Muskoka Elite's attendance policy.
14. If an athlete is too ill to attend practice (contagious, fever, throwing up) the coach should be notified in advance of practice.
15. Proper conduct is expected at all time from parents, athletes, coaches and staff. Profanity and disrespect will not be tolerated.
16. Parents are not to disturb athletes or staff during training time.
17. Parents are welcome to meet with their coach at the end of practices or by appointment.
18. Athletes should take a positive approach to nutrition and other health related matters, treating their bodies with respect.
19. Athletes taking any prescribed medication are encouraged to inform their coach.
20. Smoking is not permitted inside Muskoka Elite Cheer and Tumbling, within its property boundaries, while representing Muskoka Elite at an event, or while wearing Muskoka Elite apparel. This includes cigarettes, e-cigarettes, and vaping.
21. Drugs and alcohol are strictly prohibited. Any athlete contravening this rule may be immediately removed from their team and the gym. Anyone appearing to be under the influence of any narcotics may be subject to disciplinary action including dismissal.
22. Athletes must maintain academic success as part of their lifestyle and should not let cheer negatively impact their school work or vice versa. Athletes are asked and required to balance their cheer commitments with their school commitments in a way that upholds both.
23. All members must avoid behaviour which negatively affects learning, performance or the safety others.
24. Abusive behaviour, lying, or any negative speech or behaviour, in person, in private or on social media is unacceptable.
25. Social media content should always embody integrity, respect and positivity. Any negative speech or behaviour towards Muskoka Elite Cheer and Tumbling, its members, staff, opponents, or families via social media, including Facebook, Twitter, Instagram, Snap Chat, chat boards, or any other social platform, may result in disciplinary action. In addition, athletes must not post any compromising photos of themselves, other athletes, or coaches on any internet sites or social media. Members will refrain from sharing content that depicts cheerleading in a negative fashion, including but not limited to "cheer fail" videos, footage of unsafe stunting, or cheer-related injuries. Athletes and families are encouraged to share their memories and experiences at Muskoka Elite in a manner that is positive, uplifting and meaningful.
26. All athletes must arrive to competitions on time and in proper attire.
27. At competitions, athletes must arrive at their designated arrival time and stay with their team until the conclusion of awards. Athletes must remain with their team and coach for this entire time unless otherwise instructed by their coach or by gym management.
28. Conflicts should be resolved with management directly and privately. Written complaints can be sent to info@muskokaelite.com or may be brought forward in person. Gym management is always happy to hear, consider, and address any challenges our families bring forward.

F. CROSSOVER POLICY

Athletes are permitted and encouraged to train on more than one team at Muskoka Elite Cheer and Tumbling. This can be an excellent way to increase your skill level and train twice the amount of time. There are several conditions that need to be met prior to committing to multiple teams:

1. Complete commitment to both/all teams is required without exception. This includes all practices, competitions camps and travel.
2. Families must recognize the financial commitment involved in joining multiple teams.
3. Families' accounts must be in good standing and must remain as such through the course of the season.

Crossovers receive a 40% discount on all enrolment, program, and tuition fees. Discounts will apply to the less-expensive team. There is no discount on travel. If you would like to be a crossover please speak with gym management.