

2023-2024 Competitive Teams



KINGSTON ELITE



**Season 19
TEAM PLACEMENTS**

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WELCOME TO KINGSTON ELITE!

Thank you for your interest in Kingston Elite! On behalf of our outstanding coaching staff, and the families already training with us, we welcome you and encourage you to join us for our 19th season!

KE is well-known across North America for our high standards in safety and sportsmanship. Our mission is to improve the quality of life of the athletes in our care. Through cheerleading, your child can look forward to building self-esteem, confidence, and friendships. We carry strong values at the core of our being and this is evident in how we teach.

KE has a program suitable for everyone. Our recreational program is where 75% of our competitive athletes get their start in fun and productive classes. Beginners are always welcome! Our Novice and Prep programs are the introductory competitive streams which have shorter seasons, fewer competitions, less training time, and fewer gear requirements. All-Star teams range from beginner to elite levels and give the full experience of living your best competitive life! This booklet of information is designed to help you understand the commitment families make when they become part of KE.

WHY CHOOSE KE?

- ★ The best coaches in the Canadian cheerleading industry who are certified, have first-aid and CPR training, and recent background checks completed,
- ★ 18 seasons of experience, building high-quality cheerleading teams and athletes,
- ★ A gym specifically renovated for cheerleading and needs of our sport,
- ★ Convenient credit card, pre-authorized payments, and online class bookings,
- ★ Summer camps, school trips, and birthday parties
- ★ Want to cheer in University? Worlds? Team Canada? Whatever your cheerleading dreams, we can get you there because we have already gotten our cheerleaders there!



THE KE GYM

Kingston Elite is one of the premier cheer gyms in Canada and has its own facility.

Our beautiful home is one of few in Ontario, and the only one in Kingston, which boast high ceilings and obstruction free-sprung floors. We have everything you need to become a world-class athlete:

- ★ high ceilings - enough for university, worlds teams, and Team Canada to throw the highest basket tosses safely
- ★ a 78 foot x 42 foot sprung floor - far exceeding regulation sized cheer floors (54'x42') without any pillars
- ★ a separate 60-foot long sprung tumbling strip leading into a foam pit
- ★ a separate non-sprung training area for conditioning, stretching, dance, and many other uses
- ★ viewing area
- ★ a great location in central to the city on a major artery off highway 401
- ★ instant video feedback area for maximizing learning
- ★ very close to the Kingston Centre where parents can run errands
- ★ our own tumbling classes run by certified KE tumbling coaches – we know exactly what a cheerleader needs because we are cheerleaders!
- ★ special workshops throughout the year
- ★ and so much more!

TEAM PLACEMENTS: IMPORTANT INFORMATION

ALL ATHLETES MUST BE A CURRENT MEMBER OF THE ONTARIO CHEERLEADING FEDERATION AND CHEER CANADA. Visit www.ontariocheer.ca to obtain your ID card.

Athletes currently on a KE Prep or All-star team do not need to attend team placements (unless they are trying out for a World's team – see below). Our coaches are already familiar with their skill sets. Athletes will be given a chance to showcase new tumbling skills at an additional practice after the final competition of their season.

World's Tryouts – All athletes hoping to be considered for a World's team for the 2023-2024 season must attend the World's tryout. The World's tryout will be **Friday May 5, 2023 from 6:00-8:00 pm** and there is no fee for this tryout.

Athletes must meet the following criteria to attend:

- 1) Athletes must be born in 2010 or earlier
- 2) Athletes must have either Level 5+ tumbling skills or Level 4+ stunting experience
- 3) Athletes must be extremely dedicated and be prepared to travel to Florida in April 2024 for World Championships.

ALL OTHER ATHLETES who wish to be part of the competitive Novice, Prep, or All-Star programs must attend a tryout session. A fee of **\$25+HST** (includes both dates) must be processed before arrival. Please visit www.kingstonelitecheer.com/placements for more information and to register. Athletes are encouraged to attend both days if possible but will still be considered if they can only attend 1 session.

Novice, Prep, All-Star Tryout Dates:

Monday May 8th

- 5:00-6:15 pm – Athletes born 2015-2019
- 6:30-7:45 pm – Athletes born 2011-2014
- 8:00-9:15 pm – Athletes born in 2010 or earlier

Wednesday May 10th

- 5:00-6:15 pm – Athletes born 2015-2019
- 6:30-7:45 pm – Athletes born 2011-2014
- 8:00-9:15 pm – Athletes born in 2010 or earlier

KEY DATES:

- Team rosters will be announced on **Friday May 12, 2023** and mandatory information sessions will be held **Monday May 15, 2023**.
- Registration for Season 19 will be held **May 16-18, 2023** where athletes will be sized for their uniforms, submit forms, order clothing, provide payment plans, etc.
- The competitive season begins on **May 23, 2023**. Training continues through the summer and school year until the week following our last competition in April 2024.

Team Placements are an opportunity for our coaching staff to evaluate the fitness level, tumbling and stunting skills, flexibility, and work ethic of athletes. Athletes will be placed in a program (not necessarily a team) appropriate for them.

- ★ Athletes born in 2019 or earlier will be placed in Rec, Novice, Prep, or All-Star.
- ★ There is no tryout process for the CheerAbilities or Parent teams.
- ★ No cheerleading experience is necessary!

Team placement is not an easy process. We look at the overall talent pool and then base our decisions on what is best for the entire program. We look for athletes who are well-rounded in all areas for their level. Age, grade, position, maturity, and mental fortitude are all taken into consideration. Friendships, the number of years cheerleading, and scheduling are not considered when determining rosters.

If you are unable to attend the two tryout sessions but would like to be considered for a competitive team, please contact info@kingstonelitecheer.com



NOVICE & PREP TEAMS

Prep and Novice are entry-level competitive programs that are offered for a variety of reasons:

- ★ as an introduction to competitive cheerleading
- ★ a stepping-stone between recreational and all-star programs
- ★ allows athletes with limited financial resources to participate
- ★ less commitment to training time per week

Comparison between programs:

| | Novice Teams | Prep Teams | All-Star Teams | World's Team |
|--------------------------|--|--|---|---|
| Practices | 1.5 hours once per week | 2 hours once per week | 2 to 2.5 hours twice per week | 3 practices per week (2.5 hours x 2 days + 1.5 hours x 1 day) |
| Uniform style | Tank top and Skort | Long Sleeve and Skort with some detailing | Bodysuit and Skort with excessive detailing | Bodysuit and Skort with excessive detailing |
| Uniform cost | \$100 | \$185 | Female - \$520 Male - \$425 | Female - \$520 Male - \$425 |
| Competitions | 2 in Ontario Jan-Feb 2024 | 2 in Ontario Jan-Feb 2024 | 5 in Ontario Dec 2023-April 2024 | 5-6 in Ontario Nov-Apr World's in Orlando in Apr |
| Competition fees* | Approximately \$180 per athlete | Approximately \$180 per athlete | Approximately \$640 per athlete | Approximately \$640 per athlete (not including World's fees) |
| Length of Season | May 23, 2023 until Feb 24, 2024 | May 23, 2023 until Feb 24, 2024 | May 23, 2023 until the week of April 12, 2024 | May 23, 2023 until April 29, 2024 |
| Athletic Banquet | none | none | yes | yes |
| Boys and girls welcome? | yes | yes | yes | yes |
| Beginners welcome? | yes | yes | yes | Level 4 stunting experience or Level 5+ tumbling required |
| Membership fee | \$250+HST which includes a practice shirt & shorts | \$250+HST which includes a practice shirt & shorts | \$250+HST which includes a practice shirt & shorts | \$250+HST which includes a practice shirt & shorts |
| Additional gear required | Hair bow | Hair bow | Hair bow, warm up suit, backpack, make up kit, cheerleading shoes | Hair bow, warm up suit, backpack, make up kit, cheerleading shoes |

*Prices for competitions have not been released at time of publication, so competition fees are subject to change



TEAM PRACTICE SCHEDULES

Team practices are **mandatory** throughout the competition season. Parents are urged to avoid booking vacations during training and blackout dates. **All-Star teams have mandatory choreography workshops June 24-26, 2023 and August 20-25, 2023.** 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. Teams will be either co-ed or all-girl depending on results of tryouts.

All-Star Blackout Dates – NEW

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.

All-star Blackout Dates for the 2023-2024 season are as follows:

November 12-30, 2023

January 7-Feb 23, 2024

March 24-April 11, 2024

World's Team only: April 15-25, 2024

KE reserves the right to re-evaluate athlete placement at any time.

Should an athlete be better suited to a different team, then coaches will make the switch. This gives athletes who have developed more quickly or slowly than expected to be placed on a more appropriate team. Being on the right team is essential for their self-esteem and success.

| Team Type | # Of Hours per practice | Practice Days |
|--------------------------|--|----------------------------|
| Novice | 1.5 hrs x 1 practice | Sunday-Thursday |
| Prep | 2 hrs x 1 practice | Sunday-Thursday |
| AS Levels 1&2 | 2 hrs x 2 practices | Sun/Mon. & another weekday |
| AS Levels 3-7 | 2.5 hrs x 2 practices | Sun/Mon. & another weekday |
| Worlds | 2.5 hrs x 2 practice + 1.5 hours x 1 practice | Sun/Mon. & 2 weekdays |
| CheerAbilities | 1 hr x 1 practice | TBD – Starting Fall 2023 |
| Parent | 2 hrs x 1 practice | TBD – Starting Fall 2023 |



AGE GRID 2023-2024

The following table outlines age eligibility for teams:

| CHEER DIVISIONS | BIRTH YEARS | AGES |
|-----------------------|--------------------------------------|-------------|
| U6 | 2017-2019 | 5-6 years |
| U8 | 2015-2019 | 5-8 years |
| U12 | 2011-2016 | 8-12 years |
| U16 | 2007-2012 | 12-16 years |
| U18 | 2005-2010 | 14-18 years |
| Open | 2008 or earlier | 16 years + |
| Parent | Age 18+, doesn't have to be a parent | |
| CheerAbilities | Exhibition only, ages 5+ | |

We will not know exactly which teams we will be running until tryouts and team placements are complete. KE will not necessarily carry all these divisions this year.



YEARLY TUITION AND FEES

A yearly membership fee of **\$250 + HST** is due upon joining a team. This includes insurance, music fees, choreography, ENTANDEM licencing fees, a Season 19 team t-shirt and pair of team shorts. A **sibling discount of \$50 per child** within the same immediately family is applicable towards the membership fee.

Each competitive athlete must purchase the required Athlete Gear which includes:

- ★ competition uniform (top and bottoms)
- ★ team warm up jacket*
- ★ cheerleading shoes*
- ★ team backpack*

In addition, female athletes must also purchase:

- ★ cheer make-up kit* (except for U8)
- ★ competition hair bow

**Denotes that these items are not part of Novice or Prep team fees*

Returning athletes do not need to purchase a warm up suit, backpack, cheer shoes, or make up kit unless they need to replace specific items. **Optional practice gear and travel fees are not included in the amounts below.**

| Team | Option 1: Single Payment (by May 20, 2023) | Option 2 Monthly Payments (11 monthly payments) | Competition Registration Fees | Uniform Fees |
|----------------------------------|--|---|--|--------------------------------|
| All-star Teams Levels 1 and 2 | \$1,600 + HST | \$160 + HST | Approximately \$640 (tax included) | Female - \$520 Male - \$425 |
| All-star Teams Levels 3 to 7 | \$1,800 + HST | \$180 + HST | | |
| World's Team | \$1,900 + HST | \$190 + HST | Approximately \$640* (tax included) | Female - \$520 Male - \$425 |
| Prep Teams | \$810 + HST | \$90 + HST (10 monthly payments) | Approximately \$180 (tax included) | \$185 |
| Novice Teams | \$720 + HST | \$80 + HST (10 monthly payments) | Approximately \$180 (tax included) | \$100 |
| Parent Team | n/a | \$90 + HST per month | TBD | n/a |
| CheerAbilities | Sponsored | Sponsored | n/a | n/a |



YEARLY TUITION AND FEES - continued

Crossover Fees:

Crossovers are athletes who are selected to be on two KE teams in Season 19.

- ★ Athletes are designated to a primary team which they are required to be on should a need arise to choose between the two. The tuition per month for their secondary team is \$35+HST for each month.
- ★ Crossovers must also pay for competition registration fees for their secondary team.
- ★ Membership, uniform, and clothing are not duplicated in cost.
- ★ Any athlete can request to be a crossover but determination is made by the Director. Only the Director determines the athlete's primary and secondary teams.
- ★ Athletes cannot cross over between all-star and prep/novice teams

College & University Students:

Post-secondary full-time students enjoy a **50% discount off tuition** to ensure athletes can afford to continue their cheerleading career while attending school! Proof of enrolment is required at registration to receive discount.

Payment Options:

1. If taking the "Single Payment" option, a **one-month discount** per athlete applies (before HST). Payment must be made by **May 20, 2023** in order to qualify.
2. Convenient monthly payments occur on **May 20, 2023** and then on **the 20th of each month** starting from June 2023 until March 2024 (11 equal payments). Prep and Novice team monthly payments go until February 2024 (10 equal payments). No discount applies.
3. Membership and Practice Clothing Order fees will be processed on **May 20, 2023**. Uniform fees will be processed on **June 20, 2023**. Prep/Novice Competition Registration fees will be processed **October 20, 2023** and All-Star/Worlds Competition Registration fees will be divided into 2 payments and processed **October 20, 2023** and **November 20, 2023**.

Payments are accepted by Visa, MasterCard, pre-authorized banking, or cash.



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 April 14, 2024**.

| Competitions | World's Team* | All-Star Teams | Prep Teams | Novice Teams | CheerAbilities | Parent |
|--|---------------|----------------|------------|--------------|----------------|--------|
| Cheer for the Cure (Oshawa) December 2-3, 2023 | ★ | ★ | | | | |
| Big East Blast (Ottawa) January 27, 2024 | | ★ | ★ | ★ | | |
| Big East Showdown (Ottawa) January 28, 2024 | | ★ | | | | |
| Cheer Evolution Ontario Championships (Kitchener) February 9-11, 2024 | ★ | ★ | | | | |
| Cheer Evolution Winterfest (Oshawa) February 24, 2024 | ★ | ★ | ★ | ★ | ★ | ★ |
| Cheer Evolution National Championships (Niagara Falls) April 12-14, 2024 | ★ | ★ | | | | |
| Cheerleading World Championships (Orlando, FL) April 26-29, 2024 | ★ | | | | | |

*The World's team will also attend an additional bid competition that is TBD.

FREQUENTLY ASKED QUESTIONS

Does everyone make a team?

Yes, with an exception. We try to have a program suitable for almost everyone however occasionally teams reach their maximum number of athletes, or we might not have enough athletes for a particular age group. Sometimes children come to team placements but do not exhibit a genuine interest in cheerleading. In this case we will recommend trying a different activity or sport, or wait until they develop the focus to take instruction more effectively.

Do I have to be at an elite level to try out?

The 'Elite' in Kingston Elite stands for the high standard of excellence we uphold and positive attitudes/behaviours required to become an elite athlete, not necessarily that one has elite skills. Beginners are always welcome!

How do I know which team I made?

Team Reveal Day will be held on **Friday May 12, 2023**.

After I accept my spot on the team what do I do?

Attend the mandatory pre-season Zoom meeting for your team (**May 15, 2023**). After you learn of all the expectations and policies you then come to Registration (**May 16-18, 2023**) to sign up for your payment option, get sized for your practice clothes and uniform, and to order optional clothing.

When do practices start?

Tuesday, May 23, 2023 is the first day of Season 19!

Should I take a tumbling class?

Absolutely! This is strongly recommended, and most KE athletes take at least one per week. Please see our website or sign up for private or semi-private lessons with us.

Can I purchase a used uniform?

Absolutely! Used uniforms can be sold/purchased using the "Buy & Sell KE Used Clothing" group on facebook.

What if I outgrow my new uniform?

Once a uniform piece is sold, we do not offer exchanges for different sizes. We recommend everyone order a size larger within reason. This is the second season for the current uniform. We normally change uniform styles every 2-years.

I have more questions. Who should I call?

Laura King will answer each of your questions personally. Email her at info@kingstonelitecheer.com or call **343-580-8422**.



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**