



2017-2018 Program Handbook ~Sherwood Park~



Thank you for considering **Perfect Storm Athletics!** Our program has so much to offer:

- Our teams allow athletes of all ages and abilities to be challenged in a co-operative, positive, and safe family environment.
- Athletes have an opportunity to develop social and emotional skills in respect, trust, leadership, commitment, punctuality, responsibility, independence, and teamwork.
- A bright, clean training facility with state of the art equipment.
- 7 years of exceptional quality and leadership at our Edmonton gym that we are excited to share with the families of Sherwood Park.

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www.perfectstormathletics.com



Perfect Storm Athletics Sherwood Park is located at #105, 3001 Buckingham Drive.

Our safe, clean, and bright training facility features:

- Over 7500 square feet of training, office and meeting space with a 25' ceiling
- 1 spring all-star cheer floor (54' x 42')
- 1 18'x 54' sprung cheer/tumbling space
- 30' tumble track
- Other training aids include inclines, spotting blocks, stunt blocks, handspring trainers, barrels, pits, wobble boards, and so much more!
- Video recorder and TV for instant reviewing of skills
- Parent viewing area
- Team room / Party room
- Washrooms and change area
- Storm Seller ProShop selling cheer shoes, team gear, practice wear, fan gear and much more!
- Snack Bar
- Coaches' offices
- Free wireless internet
- Plenty of parking

Family Environment

We are so proud of our “Storm family” and strive to create a supportive and caring environment for you and your children. We are also committed to giving back to the community. Our program supports many local charity events through our “Cloud 9” group as well as events at the gym such as our family Halloween party and food bank drives.

Our Mission

The goal of Perfect Storm Athletics is to provide a positive learning environment for athletes of all ages and abilities. We promote excellence in each and every athlete, challenging them to strive to reach their full potential.

CHECK OUT CHEER!

Our Check Out Cheer classes are designed for athletes new to the sport of cheer. They are the perfect way to try it out before committing to a program. The best part about it is that if you register for a cheer program, we credit your Check Out Cheer class fee to the start up cost of your new program!

Check Out Cheer is available for ages 3 through 12.
Please visit our website at www.perfectstormathletics.com
for details on our next session.

Choosing a Cheer Program: ALL-STAR ~ PREP ~ REC

ALL-STAR

We offer all-star teams for ages 5 through adult for beginner through elite athletes. All-star teams start in May with placements and try-outs. Team training begins in June and continues through until April. These teams practice once a week June through August and then twice a week September through April. Our all-star teams attend our gym showcase as well as 5-6 competitions. Most all-star teams take part in one travel trip per season. See page 6 for travel information.

PREP

Athletes age 5 through 14 can participate on a prep team. These are level 1 teams that practice once a week September through March. We have prep athletes attend a placement session in May in order to divide our teams evenly. Prep teams attend our gym showcase as well as 3 competitions in Edmonton. These teams are a great option for families who want a competitive program but are not able to commit to spring/summer training or the travel associated with all-star teams.

RECREATIONAL

Our rec program is for athletes age 3 through 12 who are interested in learning the basics of cheer. We will offer a fall/winter session with dates to be announced. These teams practice once a week and perform at either a showcase, competition or at their last class at the gym.

Please note that attendance at all practices, performances, and competitions is essential to the success of both individual athletes and teams at all levels.

All-Star Practice Schedule

All Star Cheer Training Schedule (Subject to change depending numbers at placements & tryouts)

TEAM Level & Name	Age (As of Aug 31)	Spring / Summer practice times	Team Camp*	Sept - Apr Practice Times
Tiny Sparkles	5-6	Thurs 6:00-7:00pm	Sat. Sept 16 9am-12pm	Thursday 6-7pm Saturday 9:30-11am
Mini 1 Sun Rays	7-8	Wed 5:00-6:30pm	Sat. Sept 16 12- 4pm	Wednesday 5-6:30pm Saturday 9am-11am
Youth 1 Tempest	9-11	Tues 5:00-7:00pm	Sat. Sept 16 10am-4pm	Tuesday 5-7pm Saturday 1-3pm
Junior 2 Torrent	12-14	Wed 6:30-8:30pm	Sun. Sept 17 10am-4pm	Wednesday 6:30-8:30pm Saturday 11am-1pm
Senior 1 Solstice	12-18	Thursday 7:00-9:00pm	Sun. Sept 17 10am-4pm	Thursday 7-9pm Saturday 3-5pm

*No regular practices the weekend of team camps

All-Star Program Fees

Team	Start Up Fee Due June 5 or at reg if after	Commitment Fee #1 Due July 4 or at reg if after	Commitment Fee #2 Due Aug 1 or at reg if after	Cheer Fee per month (Sept-Apr)	Total Annual Cheer Cost
Tiny	\$225	\$225	\$270	\$85	\$1400
Mini 1	\$250	\$250	\$230	\$115	\$1650
Youth 1	\$250	\$250	\$300	\$135	\$1880
Junior 2	\$250	\$250	\$300	\$135	\$1880
Senior 1	\$250	\$250	\$300	\$135	\$1880

These fees reflect the cost for the 2017-18 season.

Fees can be paid in full at registration, or in the installments listed above.

Tuition fees are spread out over 8 months and are not indicative of the exact number of training hours per month.

Fees do not include GST.

Uniforms:

2017-18 is the first year in a 2-3 year uniform cycle. Teams will have uniform fees charged on August 15. Uniforms are \$350 each and include a bow. Males pay \$325.

Team Jackets:

These will be an optional purchase for the 2017-18 season. This is the only year of this jacket style. Jackets are \$120 and will be charged on August 1 to those who order.

All-Star Fees include:

- Practice gear: 1 summer tank, two fall/winter tanks, and 1 team bow
- Professional competition music
- Choreography
- Local competition fees including Red Deer/Calgary events
- Coaching fees and gym fees

All-Star fees do not include:

- Competition uniform: top, skirt/pants, bow, & team jacket. Uniforms are new this season (charged Aug 1 as above).
- Cheerleading shoes (required, approx. \$50-\$130)
- Competition make up (required, approx. \$25)
- Travel fees: Travel will be determined on a team-by-team basis. See below for tentative travel plans. There are many optional fundraising opportunities to assist with fees related to travel and monthly tuition.
- One tumbling class per week from Sept – March at Perfect Storm. Tumbling is a mandatory component for our Level 1 & 2 teams. Athletes have the option of a weekly tumbling class (max 8 athletes per class) or private/semi-private tumbling lessons offered in packages of 10, 15 and 20 lessons per fall and winter session. Class fees are \$60 per month and private packages range from \$75 to \$150 per month.

Travel

Travel is an important part of our program and is mandatory. Please review our expected travel costs below. If you are unable to afford the mandatory travel, we recommend that you look into our prep program which is still competitive, but with fewer practices and no travel. Please note that the competition in Red Deer is not considered “travel”. Please do not book any travel until you have received more information from the gym. Parents/families are welcome to attend travel trips but do not have to accompany their children.

We plan to have our mini, youth and junior teams travel to Lethbridge the weekend of January 26-28. This we will confirm travel plans once our teams are chosen.

Prep Schedule and Fees

TEAM Level / Name	Age	TRAINING (Sept – April)
Tiny Bolts	Ages 5-6	Mondays 5-6:30
Mini Sunshine	Ages 7-8	Mondays 6:30-8pm
Youth Tidal Wave	Ages 9-11	Thursdays 5-7pm

	Start up fee due June 5 or at reg if after	Commitment Fee due July 4 or at reg if after	Cheer Fees per Month (Sept- Mar)	Total Annual Cheer Cost
Tiny	\$145	\$135	\$75	\$805
Mini	\$145	\$135	\$75	\$805
Youth	\$145	\$135	\$85	\$875

These fees reflect the cost for the 2017-18 season.

Fees can be paid in full at registration, or in the installments listed above.

Tuition fees are spread out over 7 months and are not indicative of the exact number of training hours per month.

Uniforms:

2017-18 is the first year in a 2-3 year uniform cycle. All prep teams will have uniform fees charged on August 1. Uniforms are \$250 each and include a bow. Males pay \$225.

Team Jackets:

These will be an optional purchase for the 2017-18 season. This is the only year of this jacket style. Jackets are \$120 and will be charged on August 1 to those who order.

Prep fees include:

- Practice gear: 1 top to be worn at all practices
- Professional competition music
- Choreography
- Local competition fees
- Coaching fees and gym fees

Prep fees not include:

- Cheerleading shoes (required, approx. \$50-\$130)
- Uniform as indicated above (charged Aug 1)
- Competition make up (required, approx. \$25)
- Tumbling class fees. Tumbling classes are optional but recommended for prep athletes.

Tumbling Classes

Tumbling skills are very important in cheerleading and as such, we recommend that athletes in our prep cheer program take one tumbling class per week from Sept – March. Classes will be offered for all ages and ability levels during the week and on weekends. Athletes may choose to take a tumbling class before or after cheer practice or on another day. Private and semi-private coaching is also available.



Rec Schedule and Fees

TEAM Level / Name	Age	TRAINING	Fees Fee is per session
Pre-Tiny Droplets	Age 3-5	Mondays 5:30-6:30pm	\$225
Rec Dew Drops	Ages 5-7	Tuesdays 5:00-5:30pm	\$250
Rec Breeze	Ages 5-7	Sundays 4:00-5:30pm	\$195
Rec Ice Crystals	Age 8-12	Mondays 6:30-8:00pm	\$250
Rec Chill	Ages 8-12	Sundays 5:30-7:00pm	\$195

Rec Fees include:

- Practice/performance t-shirt
- Professional music
- Choreography
- Coaching fees and gym fees

Rec fees do not include:

- White indoor running shoes

Performances:

Pre-tiny teams will perform at their last class.

All other rec teams will perform at the Inspire competition on Dec 16.

Important Information for All Cheer Programs

Attendance

If every athlete were allowed to miss one practice, we could have as many as 32 practices without full team attendance. We cannot do our job as coaches if we are unable to work with the entire team at every practice. When one person misses practice, their entire stunt group is unable to be productive and team pyramids are not possible. **Practices are mandatory for all programs.** Athletes who miss a practice or practices leading up to a competition may be pulled from the routine for that competition and may not be returned to the same position for subsequent competitions.

Injuries

If you incur an injury that prevents you from practicing, you still need to attend your team practices (sitting out on the side and/or doing what you can) to keep up with the routine and learn choreography. If an injury keeps you from participating in practice, Perfect Storm may need a doctor's note clearing you to return before you may be allowed to participate again. 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.

Time Management, Vacations and Appointments

Please manage your school time, as it is your first priority. Cheer is an extra-curricular activity and we insist that you make every effort to keep your grades high. **Time management is expected** and we believe that all athletes are capable of performing well in school, **while still** keeping their commitment to their Perfect Storm team. Although school is the #1 priority, homework/tests and studying are not valid excuses to miss practice and let down your team. School is your top priority, but **don't let down your teammates & coaches because of your lack of time management.** If you cannot manage your time properly to be at every practice, you should not be on a competitive cheer team.

If you/your child chooses to participate in other activities/sports, we require that they make Perfect Storm Athletics **their first priority.** If there is a conflict, it needs to be communicated immediately to the coach(es), in order to come up with a solution. ***If you predict ongoing conflicts, please do not join a cheerleading team.***

Regular Doctor/Dentist Appointments

Regular doctor and dentist appointments must not conflict with the established schedule of practices and competitions. Please book on non-practice days/times.

Family Vacations during the Competition Season

We respectfully request that families do not take holidays during our competitive months of November through mid-April, with the exception of Christmas break and Spring Break.

Athletes and families need to understand that absences may result in being placed in new positions, choreography, stunts and/or formations upon their return. Teams will run practices in the most effective way possible when an athlete is missing, putting the team's needs before the absent athlete's needs.

Routine & Level Changes

Throughout the season coaches will make changes to routines for a variety of reasons. Athletes should expect this and be prepared for their roles within a routine to change. Coaches and management also reserve the right to change a team's competitive division during the season. This includes moving a team up or down a level.

Payment Policy

All families are required to submit a completed pre-authorized payment agreement prior to the start of their program. This form is available on the documents page of our website. Tuition, travel, and other miscellaneous fees are charged to athlete accounts and are payable as per our annual payment schedule. Monthly tuition is due and processed on the first business day of each month. Other items (clothing, snacks, etc) posted to accounts are also generally processed on the first business day of the month. Travel fees are processed according to a schedule sent out to teams once travel plans are confirmed. Late payments and NSF payments are charged \$25 per occurrence and will be posted directly to your account.

We recognize that some families apply for funding through Jumpstart and/or Kidsport. Please note that we require payments on or before deadlines for all programs regardless of when funding is made available from these organizations. If you expect to receive funding it must be applied for in time for Perfect Storm to receive the funds by payment deadlines.

Parents' Association & Fundraising

Perfect Storm Athletics is fortunate to have an amazing parent association that offers 4-6 fundraising opportunities each season. Fundraising is 100% optional and the net proceeds of your fundraising are deposited into your personal account at Perfect Storm to offset the costs of tuition, travel, and other expenses. Fundraisers offered include but are not limited to: cookie dough & cheesecakes, WEM Waterpark night, Purdy's Chocolate. Please note that credits earned from fundraising are not available for use until the parent association has completed their accounting on the fundraiser and transferred the funds to Perfect Storm. This transfer of funds can take up to 6 weeks to process. Visit our website for more information about the Storm Cheer & Dance Society.

GYM CLOSURE DATES

There will be no regular practices or classes on the following days:

June 20 – July 9

August 29 - September 4

October 6-8 – Thanksgiving (We are open on Monday, October 9)

December 22 – January 4

February 16-18 – Family Day weekend (We are open on Family Day – Feb 19)

March 23-April 2 – Spring Break/Easter

Frequently Asked Questions

Q: Can I be on a competitive team if I have no cheer or tumbling experience?

A: In most cases, yes. As long as we do not have more athletes at placement than we have positions for, all athletes will be placed on either an all-star or prep team. If we have more athletes than positions, or if an athlete requires additional time to work on his or her skills, some athletes may be recommended for a recreational team.

Q: If I don't make the team I want in the spring can I move up later?

A: Maybe. If an athlete achieves new skills during the summer and there is a space and a need on a higher level team, we will consider moving the athlete up. Consequently, if an athlete is chosen for a higher level team and cannot perform the necessary skills or loses skills, he or she may be moved down a level.

Q: Can I be on an older team even if my age doesn't fit within the ones listed?

A: We strive to have well balanced teams in regards to both age and ability. If there is a team for your skills at your age division you will not be moved to the next division unless the coaches determine that a specific spot needs to be filled. Athletes should experience what it is like to be the youngest and the oldest on a team for a well-rounded experience.

Q: Why is there summer training for all-star teams?

A: Taking the entire summer off can have a negative impact on athlete's skills especially at the higher levels. Tumbling skills that are not practiced on a regular basis are often "lost" and skill level regresses. Summer is also an important time to build new skills and bond with your team. Summer training is only once a week and we do not practice weekends with the exception of some team camps that take place in mid to late August. Athletes have June 28 to July 17 off as well as August 29 to Sept 5.

Q: Can I still be on a team if I'm not able to come to any spring/summer practices?

A: Summer training is important as it is a time to build skills and bond as a team. We understand that families will take vacations but expect athletes to be at the majority of practices. There are no team practices June 26-July 17 so we encourage families to take vacations during this time. We are also running mandatory team training camps as listed on page 5. If you cannot attend summer practices (June-August) and/or summer training camp you must notify us at placement or try-outs.

Q: Can I be on more than one team?

A: This is called being a "crossover" and requires special permission from the gym management. Please consider practice days and times, and travel. Crossovers pay 50% of all fees.

Q: How can I apply for funding?

A: Families that are low income, unemployed, on AISH, currently receiving income support through provincial government are all considered eligible for funding from Kidsport and Jumpstart. For the 2017/18 cheer season, please register for your desired Perfect Storm Athletics program via phone or in-person, and then complete your portions of the KidSport Application Form or Jumpstart Application online. If your application is approved, we will directly receive your funding cheque and apply it to your fees owing. We must receive your funding or alternate payment method before the first class or your child will not be permitted to participate. For this reason, please register and apply early.

<http://www.kidsportcanada.ca/alberta/apply-for-assistance/>
<http://jumpstart.canadiantire.ca/en.html#apply>

Q: Do you offer a family discount?

A: Yes! Cheerleading is a great sport for the entire family! As a special offer for families with two or more competitive cheer athletes (prep & all-star) we are pleased to offer 10% off both monthly cheer & monthly tumbling class tuitions for each additional child.

Q: What is your refund policy?**All-Star Cheerleading Refunds & Withdrawals**

- Start up fee due June 5. 50% refund until June 30. After June 30, no refund.
- Commitment fee #1 due July 4. 50% refund until July 31. After July 31, no refund.
- Commitment fee #2 due Aug 1. 50% refund until Aug 31. After Aug 31, no refund.
- Uniform & Jacket due Aug 1. No refund unless we can use for another athlete.
- Monthly tuition (due on 1st business day of each month) – no refund once paid.
- In general, if an athlete is injured short term and will be out less than 30 days, there is no compensation on tuition. If an athlete is injured and will be out for over 30 days, monthly tuition will not be charged beyond the first 30 days. All injuries will be dealt with on an individual basis.

Prep Cheerleading Refunds & Withdrawals

- Start up fee due June 5. 50% refund until Sept 11. After Sept 11, no refund.
- Commitment fee due July 4. 50% refund until Sept 11. After Sept 11, no refund.
- Uniform & Jacket due Aug 2. No refund unless we can use for another athlete.
- Monthly tuition (due on 1st business day of each month) – no refund once paid.

Recreational Program Refunds & Withdrawals

- More than 30 days prior to first class: Fee refunded minus a 15% cancellation fee.
- 15-30 days prior to first class: Fee refunded minus a 30% cancellation fee.
- Uniform Less than 15 days prior to first class and up to start of second class: Fee refunded minus a 50% cancellation fee. After the start of 2nd class there is no refund.

GST is not included in any advertised prices in our handbook or website.



2017-18 Performance & Competition Schedule

	<u>Purple Reign</u> Edmonton Nov 19	<u>Inspire</u> Edm Expo Centre Sat Dec 16	<u>Cold Snap</u> Edm Expo Centre Jan 20-21	<u>Imagine</u> Lethbridge Jan 27	<u>Red Deer Cheer</u> Red Deer Feb 24	<u>True North</u> Edm Mar 10-12	<u>Sea to Sky</u> Vancouver April 6-8	<u>All Star Cheer Extr</u> Edm April 20-21
Tiny Sparkles	✓	✓	✓		✓	✓		✓
Mini 1 Sun Rays	✓	✓	✓	✓	✓	✓		✓
Youth 1 Tempest	✓	✓	✓	✓	✓	✓		✓
Junior 2 Torrent	✓	✓	✓		✓	✓	✓	✓
Senior 1 Solstice	✓	✓	✓	✓	✓	✓		✓
Tiny Prep Bolts	✓	✓	✓			✓		
Mini Prep Sunshine	✓	✓	✓			✓		
Youth Prep Tidal Wave	✓	✓	✓			✓		
Rec (Breeze, Ice Crystals, Dew Drops, Chill)		✓						

Gym Rules

1. Use of the equipment (including trampoline, Tumbl Trak, climbing ropes, blocks, etc) is strictly forbidden without the proper supervision of a qualified Perfect Storm Athletics coach.
2. The Supervising Coach is in charge. The Supervising Coach has the authority to refuse or expel anyone from the gym.
3. Horseplay, rude behavior, shouting, swearing and bullying is not tolerated.
4. Open Gym is for ages 7 and up. Participants need to be able to train safely and independently without parental guidance.
5. Parents, family members and visitors are not allowed past the "purple line" in the parent viewing area unless with the advanced permission / direction of a gym owner or Supervising Coach.
6. All accidents/incidents must be immediately reported to the Supervising Coach or gym owner.
7. All equipment must be returned to its original place by the user.
8. One person at a time on the trampoline.
9. No flips or head-first or prone entries into the pit (no head or prone falls). Feet-first only.
10. Any skill which is unfamiliar to a participant must not be performed without supervision by a certified coach.
11. There shall be no spotting of skills unless done so by a coach certified at the level of the skill(s).
12. The gym is an indoor shoes only facility. Athletes/participants, parents & visitors are all required to take their footwear off upon entering the facilities & place them on the boot-racks in the lobby. Appropriate indoor gym shoes only are allowed in the gym.
13. Smoking, drugs, and alcohol are strictly prohibited. Anyone appearing to be under the influence will be immediately removed from the gym.
14. Jewelry and piercings of any kind are not allowed in cheer team practices or classes. Wearing of any piercing at open gym is done so at the sole risk of the Participant.
15. Long hair must be tied back.
16. No jeans or ripped pieces of clothing allowed while participating in activities.
17. No gum, candy, food or drink (except water) allowed past the viewing area.
18. When and if required, the Supervising Coach will implement the Emergency policy and procedures.
19. No loose objects or equipment (balls, hoops, etc.) allowed on trampoline.
20. Proper equipment set-up and safety mats must be in place at all times for all skills at all levels.
21. Perfect Storm Athletics has a nut allergy alert in effect. Nut products are not allowed.

22. Perfect Storm Athletics is not responsible for lost or stolen property. Look for lost items in our Lost & Found bin, located in the parent viewing area. Valuables should be left at home.
23. Bullying, Harassment and Sexual Misconduct: Perfect Storm Athletics prides itself in creating a positive and safe environment for all athletes and treats all incidents relating to behaviour of this nature very seriously. We encourage all athletes and families to speak with gym management immediately upon experiencing any behaviour by an athlete, coach or other family member that may be construed as bullying, harassment or sexual misconduct. We will investigate in a sensitive and confidential manner, respectful for all concerned.
24. No athletes or parents will post any negative comments related to Perfect Storm Athletics or any other team/gym on any social media. This includes the posting of photos or videos that may reflect poorly on the individual, team, or gym.
25. No one may not use any Perfect Storm logo, gym name, or team name in the production and/or sale of any merchandise.
26. Inability or refusal to follow these and other coach directives and rules will result in immediate expulsion from the gym.

A waiver must be completed before anyone is allowed to participate in any activity at Perfect Storm Athletics. The waiver form is an on-line form and can be found on our website at www.perfectstormathletics.com.