

CANADIAN

CHAMPIONSHIP

REG
2023-2024



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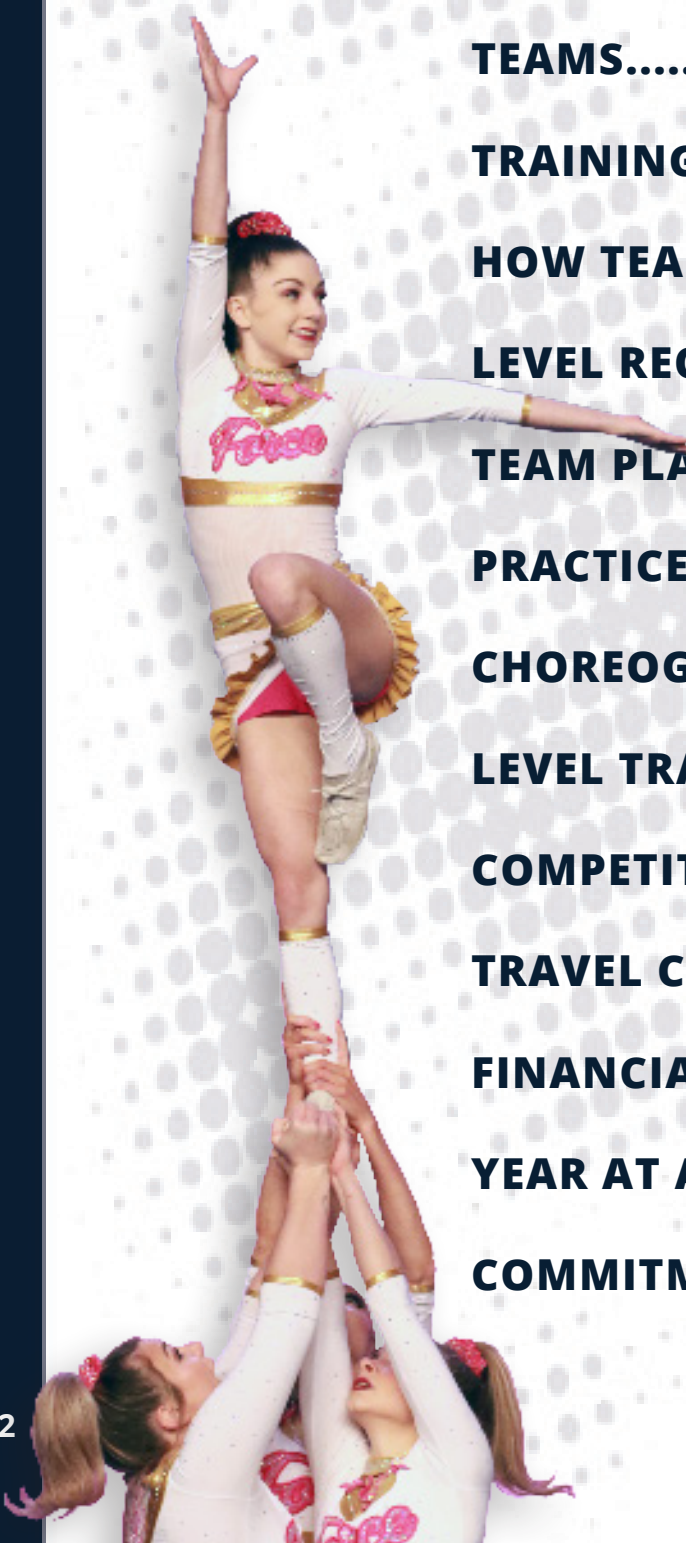
Competitive **REGISTRATION PACKAGE**

VISIT US ONLINE WWW.CHEERFORCEALLSTARS.CA

1060 SOUTH SERVICE ROAD WEST
OAKVILLE, ON L6L 5T7 | 905-844-4884

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WELCOME TO CHEERFORCE!

CHEERFORCE IS PROUD AND HUMBLD TO BE ENTERING OUR 24TH SEASON AS INDUSTRY LEADERS IN CANADIAN ALLSTAR CHEERLEADING.

Welcome! We at CheerForce have and will always strive to create a family atmosphere. As we begin the 2023-2024 season, we are excited to welcome you into our family and to our returning families, we welcome you back.

At CheerForce, we have a team for absolutely EVERYONE. We offer a wide range of age groups and skill levels and take extra care to properly assign our athletes to teams which will ensure the best possible success for the individual AND the team. Ultimately, we provide the most rewarding and positive experience possible for your child.

The family atmosphere we provide at CheerForce is one of mutual trust and respect, which makes everyone feel at home. Our aim is to provide our athletes with the motivation and direction they need to achieve their personal and team goals. We pride ourselves on an approach that fosters the growth of confidence, self-esteem and leadership skills in each of our athletes.

Please read the following registration package thoroughly, as the information it contains regarding policies and procedures is vital for both parents and athletes to understand. Thank you for your support and welcome to the CheerForce Family!

Cheers,

Frank Vurro, Chris Hollingsworth, Trish Vurro and Sharon Hollingsworth
CheerForce WolfPack AllStars Ownership

CHEERLEADING TEAMS

At CheerForce we pride ourselves on being able to provide an amazing allstar cheerleading experience for athletes of all ages and ability levels. In over 23 seasons, our program has built a passionate community of families who keep coming back year after year. From beginner to elite, at CheerForce we have a place for everyone. Check out all of the skill building and memory-making opportunities we have to offer.

PREP TEAMS

Prep teams require no previous cheer experience and are available for athletes ages 4-16. These teams practice once or twice per week and compete in 4-5 local cheer competitions each year. This opportunity gives your athlete an introduction to allstar cheer! Athletes who do not meet the minimum level 1 tumbling requirements will be placed within our prep program to develop and perfect these skills.

COMPETITIVE TEAMS

Our most popular program is our competitive program! We currently offer competitive teams within all age divisions and levels 1 through 7! Each team practices one to three times a week depending on skill level and participates in 4 to 7 competitions throughout the course of the competitive season from November to April. We highly suggest our competitive program because of the wonderful life long friendships, skill development, and team experiences that your athlete will gain from being on one of our teams!

SUMMIT TEAMS

CheerForce U12, U16 and U18 teams will be attending a Summit Bid qualifying event for the opportunity to earn a bid to compete at Varsity's The Summit Championships in Orlando, Florida in May 2024. Teams that earn a bid to attend The Summit Championships will have an additional time and financial commitment. More information will be available following Team Placements.

TEAM CANADA

This season we will be submitting an ICU Youth and/or Junior Team Canada team(s) for CheerForce to represent our country at the 2024 ICU Junior World & World Cheerleading Championships being held in Orlando, Florida in April 2024. Team Canada teams will require a team placement and will be a time and financial commitment in addition to your athlete's assigned competitive team. CheerForce will submit a skills video application of the selected team(s) to Cheer Canada for evaluation. More information about these teams will be available via email and on our website after tryouts.

CHEERLEADING TRAINING PROGRAMS

GROUP/PRIVATE TUMBLING SESSIONS

At CheerForce we love nothing more than to see our athletes improve and advance their tumbling skills. We believe this comes from a strong foundation of tumbling basics through drills, repetition, and conditioning. We offer these additional training opportunities for our athletes in both a group and 1:1 setting suited to your athlete's ability level. Sessions are offered seasonally and are available to all members.

**These programs have additional fees.*

GROUP/PRIVATE TOPPING SESSIONS

Topping classes provide additional time and instruction to practice topping skills and are available to our members who are assigned as flyers on their competitive team. This program has a strong focus on flexibility, stretching and conditioning while incorporating both on floor and in the air instruction to improve confidence and performance. **These programs have additional fees.*

INTENSIVE TUMBLING CLINICS

Intensive tumbling clinics are designed to keep your athlete moving, learning and progressing their skills during March, summer, and holiday breaks! Coaches have structured these camps to strengthen tumbling fundamentals, build stronger body shapes and to push your athlete to the next level. These clinics are run by multiple elite level tumbling coaches. **These programs have additional fees.*

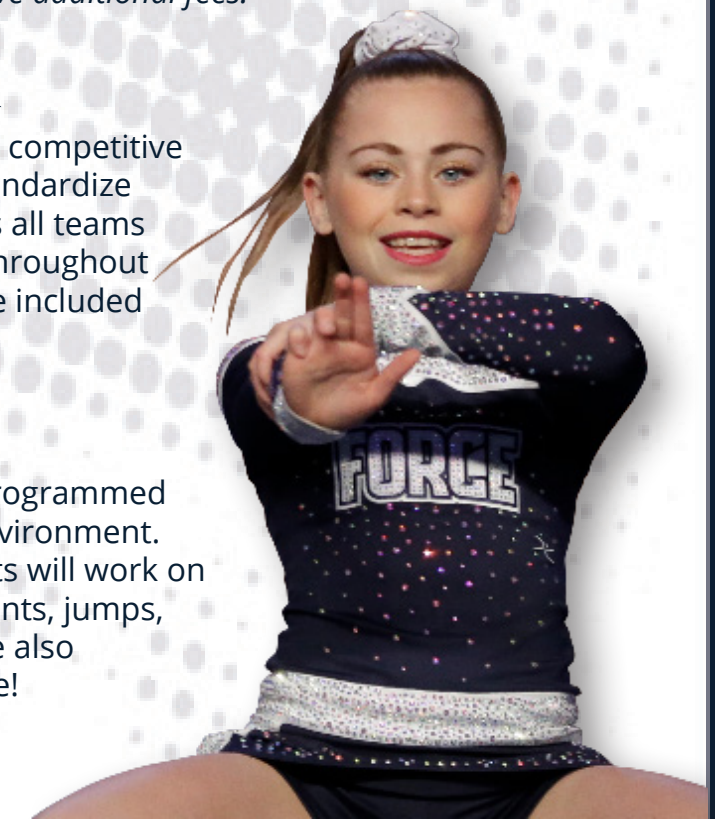
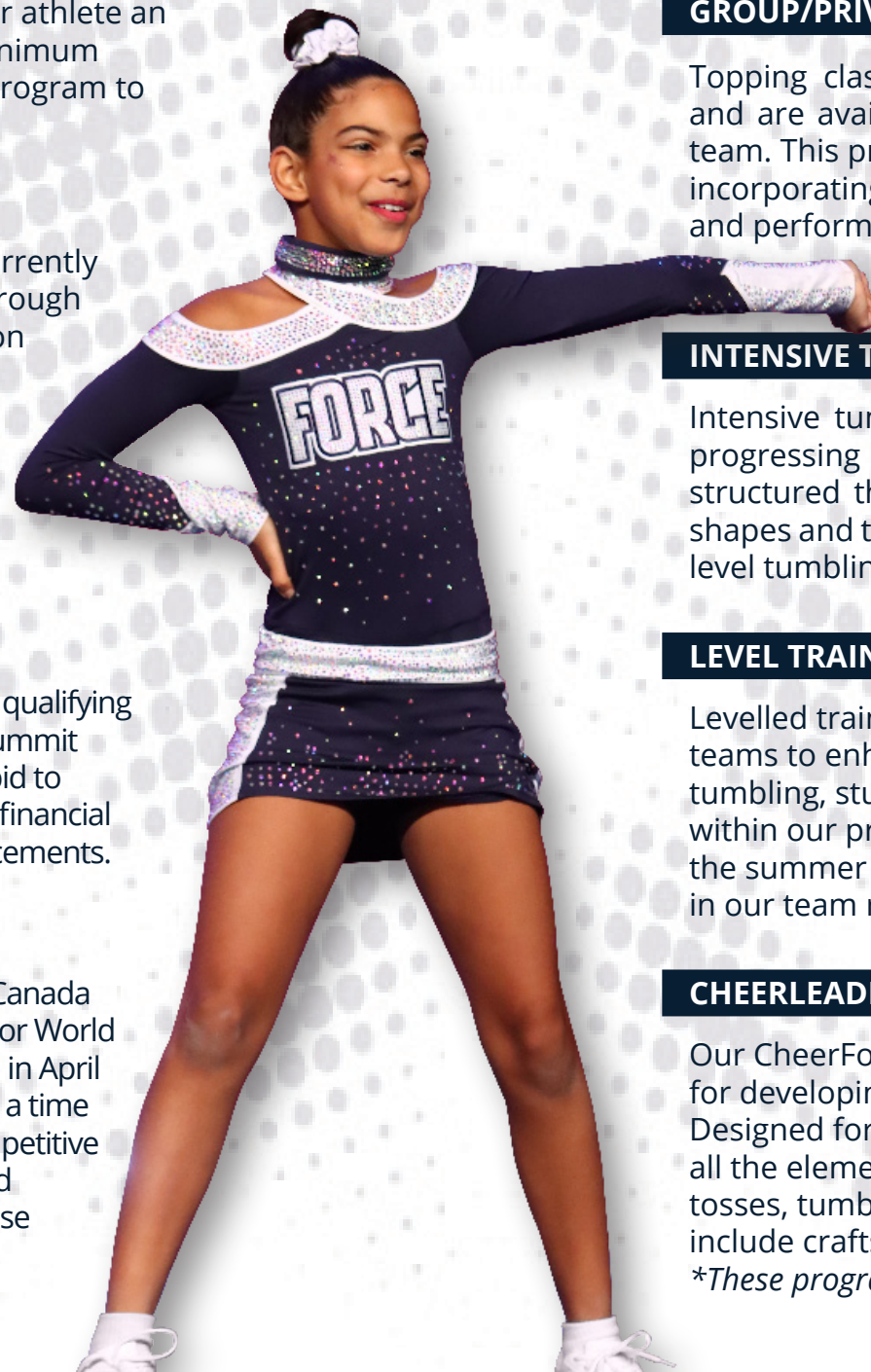
LEVEL TRAINING CAMPS

Levelled training camps are provided to our competitive teams to enhance the way we teach and standardize tumbling, stunting and jumping skills across all teams within our program. These camps will run throughout the summer on weekends. These camps are included in our team registration fees.

CHEERLEADING DAY CAMPS

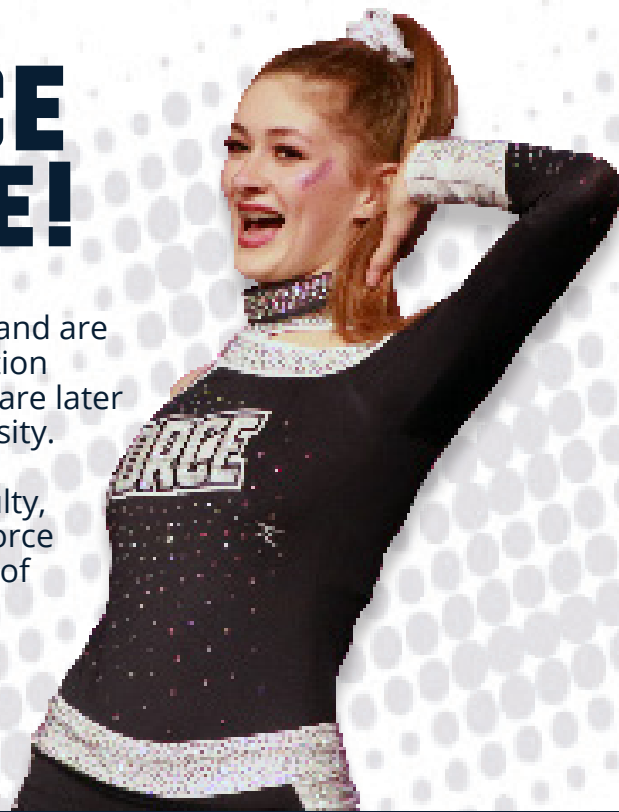
Our CheerForce Cheerleading Camps are programmed for developing skills in a fun and relaxed environment. Designed for children aged 3-12, participants will work on all the elements of cheerleading such as stunts, jumps, tosses, tumbling, dancing and pyramids. We also include crafts, cooperative games, and more!

**These programs have additional fees.*



HOW CHEERFORCE TEAMS ARE MADE!

Cheer teams are usually comprised of 10-38 athletes and are divided according to age and ability level. Our instruction focuses on tumbling, stunts, jumps and dance, which are later choreographed into 2.5 minute routines of high intensity. Our teams perform at various competitions across Canada and the United States, being judged on difficulty, creativity, precision and entertainment value. CheerForce is recognized throughout Ontario and Canada as one of the premier cheer gyms for athletes to reach their true potential.



2023-2024 AGE GRID

AGE DIVISION	AGE/BIRTH YEARS
U6	5-6 YEARS OLD (Born in 2017-2019)
U8	5-8 YEARS OLD (Born in 2015-2019)
U12	8-12 YEARS OLD (Born in 2011-2016)
U16	12-16 YEARS (Born in 2007-2012)
U18	14-18 YEARS OLD (Born in 2005-2010)
WORLDS U18	14-18 YEARS OLD (Born in 2005-2010)
WORLDS(5/6)	16 YRS & OLDER (Born in 2008 or earlier)
WORLDS (7)	17 YRS & OLDER (Born in 2007 or earlier)

COMPETITIVE CHEER LEVEL REQUIREMENTS

Listed below are the minimum at level tumbling skills that our athletes are required to perform confidently at Team Placements to be considered for each level. It is under CheerForce's discretion to determine the best fit for an athlete and where they will be most successful. Athletes must also stunt at the level they tumble to be considered for a position.

LEVEL 1

Forward Roll | Backward Roll | Cartwheel | Round Off (RO)
Back Walkover (BWO) | Front Walkover (FWO) | Valdez

LEVEL 2

Back Handspring (BHS) | Back Handspring Step Out | Back Walkover BHS
BHS Step Out - BWO - BHS | Valdez - BHS | RO - BHS/ BHS Series
FWO - RO - BHS/BHS Series

LEVEL 3

BHS Series | BWO - BHS Series | BHS/BHS Series - Jump - BHS/BHS Series
BHS Step Out-BWO-BHS Series | Aerial | Punch Front (PF)
RO - BHS - Tuck | RO BHS/Series - Tuck
RO - BHS Step Out - 1/2 Turn - RO - to Tuck

LEVEL 4

Back Tuck | BWO Back Tuck | BHS Series - Tuck | BHS/BHS Step Out - Tuck
Jump - BHS Series - Tuck | Jump - BS - Tuck | CW - Tuck | FWO - CW - Tuck
RO - BHS - Layout | FW - RO to Layout | F Step Out - RO - Tuck
Front Handspring - PF Step Out - RO to Whip/Layout

LEVEL 5

BHS Series - Layout | BHS Series - Whip - Tuck/Layout
BHS - Layout | Jump BHS/BHS Series Layout | RO - BHS - Full
PF Step out - RO - BHS - Full | Front Handspring - PF - RO - BHS - Full
RO - Whip - Full | Arabian - RO - BHS - Full

LEVEL 6/7

BHS Series - Full | BHS Series - Whip - Full | BHS Full
Standing Full | BHS Series - Double Full | BHS Series - Whip - Double Full
BHS Series - Full/Double Full - Whip - Full/Double Full

Each athlete who is assessed will be assigned to the team that is best suited for his/her current skill set at the time of team placements. At CheerForce, we strongly believe in perfection before progression and design our teams with safety and stunt positions in mind. We always strive to create a team atmosphere where all of our athletes are highly utilized and have the ability to showcase their skills confidently. We carefully strategize our team placement selections and encourage our members to trust the process as we build each team to be as successful as possible in their division, while promoting skill progression, personal development and life long friendships. We cannot wait for you to see the amazing teams we have in store for Season 24!

2023-2024 TEAM PLACEMENTS

Athletes interested in being placed on one of our 2023-2024 rosters are welcome to participate in one team placement session. During these time slots, athletes will be given plenty of time to warm up and show off their skills to our staff. These will be group sessions in a pressure free environment. Please register for the lowest age division your athlete fits into.

STEP 1

Visit our team placement section on our website www.cheerforceallstars.ca to enroll in an age appropriate team placement date for your athlete. Fee is \$25 per team placement.

STEP 2

Attend the team placement date your athlete is registered for. These will be group sessions with a fun and relaxed environment.

STEP 3

Check out our website and your emails on May 12 to view our 2023-2024 Team Rosters!

STEP 4

Online Registration Documents and Athletes Waivers will be emailed out and required completion prior to first team practice. Our administrative team will be available May 12-14 to assist with any registration needs.

SAT, MAY 6	SUN, MAY 7	MON, MAY 8	TUES, MAY 9	WED, MAY 10
U6/U8 10:00-11:00 AM	U12 12:00-1:30 PM	U12 5:00-6:30 PM	U6/U8 5:00-6:00 PM	All Ages 5:00-6:30 PM
U12 11:30-1:00 PM	Worlds 2:00-4:00 PM	Worlds (CallBacks) 7:00-9:00 PM	U16 6:30-8:00 PM	Topping Tryouts 7:00-8:00 PM
U16 1:30-3:00 PM	Topping Tryouts 4:30-5:30 PM		U18 8:00-9:30 PM	
U18 3:30-4:00 PM	U16 6:00-7:30 PM			

UNABLE TO MAKE IT TO AN IN PERSON ASSESSMENT?

Athletes who cannot make it to our in-person assessment dates are welcome to submit a 2 minute video to showcase their skill set for team placement. please email to frank@cheerforceallstars.ca by noon on Monday, May 8, 2023. Any other team placement inquiries please email info@cheerforceallstars.ca

2023-2024 PRACTICE SCHEDULE

All of our teams follow a summer team practice schedule from May 16, 2023, until September 1, 2023 and then our Competitive team schedule will run from September 5, 2023 through to April 14, 2024. We place a strong expectation on attendance and consider all our competitive season practices mandatory.

*All schedules are tentative and subject to change

	SUMMER SCHEDULE	COMPETITIVE SEASON
CHEER ABILITIES	SAT 11:00 AM	SAT 4:00-5:00 PM
U6 LEVEL 1 TWINKLE	THURS 5:00-6:00 PM	SAT 9:00-11:00 AM
U8 LEVEL 1 PREP SPARKLE	THURS 6:00-7:00 PM	SAT 11:00-1:00PM
U8 LEVEL 1 CRUSH	TUES 5:00-7:00 PM	THURS 5:00-7:00 PM SUN 9:00-11:00 AM
U12 LEVEL 1 PREP SYNERGY	THURS 7:00-8:00 PM	WED 5:00-6:00 PM SAT 1:00-3:00 PM
U12 LEVEL 1 NOVICE SHIMMER	TUES 5:00-6:00 PM	SUN 5:30-7:30 PM
U12 LEVEL 1 DIVINE	TUES 6:30-8:30 PM	TUES 7:00-8:30 PM SAT 1:15-3:45 PM
U12 LEVEL 2 PREP ICONIC	WED 5:00-7:00 PM	TUES 5:00-6:45 PM SUN 11:15-1:30 PM
U12 LEVEL 2 IDOLS	MON 5:00-7:00 PM	MON 5:00-7:00 PM THURS 5:00-7:00 PM
U12 LEVEL 3 LEGACY	TUES 5:00-7:00 PM	TUES 6:30-8:15 PM SUN 9:00-11:15 AM
U16 LEVEL 1 PREP VICTORIOUS	WED 7:00-8:00 PM	MON 5:00-6:00 PM SAT 3:30-5:30 PM
U16 LEVEL 1 ENVY	MON 5:00-7:00 PM	MON 7:30-9:30 PM SAT 9:00-11:00 AM
U16 LEVEL 2 DYNASTY	MON 7:00-9:00 PM	MON 6:00-7:45 PM THURS 6:45-9:00 PM
U16 LEVEL 3 IMPACT	THURS 5:00-7:00 PM	TUES 5:00-7:00 PM SUN 3:30-5:30 PM
U16 LEVEL 4 PRODIGY	WED 5:00-7:00 PM	WED 5:00-7:00 PM SUN 11:00-1:00 PM
U18 LEVEL 2 REVOLUTION	THURS 7:00-9:00 PM	WED 6:00-8:00 PM SAT 11:00-1:00 PM
NT LEVEL 6 DIAMONDS	TUES 7:00-9:00 PM	TUES 8:00-9:45 PM SUN 5:45-8:00 PM
U18 LEVEL 5 REIGN	WED 7:00-9:00 PM	WED 7:00-9:30 PM SUN 1:00-3:30 PM MON 8:00-10:00 PM*
IOAG 6 GOLDEN GIRLS	MON 7:00-9:30 PM	MON 7:00-9:30 PM THURS 7:00-9:30 PM SUN 3:30-6:00 PM
IOAG 7 PLATINUM	WED 8:00-10:00 PM	WED 8:00-10:00 PM SUN 1:30-3:30 PM

2023-2024 CHOREOGRAPHY SCHEDULE

All competitive U12, U16, U18 and Worlds teams receive choreography with a guest choreographer to learn their team competition routine in June and August. These sessions are considered mandatory and require attendance by all athletes so please plan all vacations and time away around these dates. Additional choreography will take place in January which will be released at a later date.



**All schedules are tentative and subject to change*

	JUNE SCHEDULE JUNE 15-22,2023	AUG SCHEDULE AUG 18-27,2023	DEC SCHEDULE DEC 8-11,2023
U12 LEVEL 1 DIVINE	JUNE 19 5:00-6:00PM	AUG 25 10:00-1:00 PM AUG 26 10:00-1:00 PM AUG 21 11:00-1:00 PM	DEC 9 10:00-11:30 AM
U12 LEVEL 2 IDOLS	JUNE 19 6:00-7:00PM	AUG 18 10:00-1:00 PM AUG 19 10:00-1:00 PM AUG 20 11:00-1:00 PM	DEC 11 5:00-6:30 PM
U12 LEVEL 3 LEGACY	JUNE 17 11:00-2:00PM JUNE 20 5:00-8:00PM	AUG 22 11:00-1:00 PM	DEC 9 11:30-1:00 PM
U16 LEVEL 1 ENVY	JUNE 20 8:00-9:00PM	AUG 21 1:30-4:30 PM AUG 25 1:00-4:00 PM AUG 26 2:00-4:00 PM	DEC 9 2:00-3:30 PM
U16 LEVEL 2 DYNASTY	JUNE 22 5:00-6:00PM	AUG 18 1:30-4:30 PM AUG 22 1:30-4:30 PM AUG 24 2:00-4:00 PM	DEC 11 6:30-8:00 PM
U16 LEVEL 3 IMPACT	JUNE 16 5:30-8:30PM JUNE 17 3:00-6:00PM	AUG 27 1:30-3:30 PM	DEC 8 5:00-6:30 PM
U16 LEVEL 4 PRODIGY	JUNE 18 10:00-1:00PM JUNE 21 5:00-8:00PM	AUG 23 12:00-2:00 PM	DEC 10 11:00-12:30 PM
U18 LEVEL 2 REVOLUTION	JUNE 15 5:00-6:00PM	AUG 18 5:00-8:00 PM AUG 19 2:00-5:00 PM AUG 27 11:00-1:00 PM	DEC 9 3:30-5:00 PM
NT LEVEL 6 DIAMONDS	JUNE 15 6:30-9:30PM JUNE 17 6:00-9:00PM	AUG 22 6:00-8:00 PM AUG 23 2:30-4:30 PM	DEC 9 5:00-6:30 PM
U18 LEVEL 5 REIGN	JUNE 18 2:00-5:00PM JUNE 22 6:00-9:00PM	AUG 25 5:00-8:00 PM AUG 26 5:00-7:30 PM	DEC 8 6:30-8:30 PM DEC 10 1:00-3:00 PM
IOAG 6 GOLDEN GIRLS	JUNE 18 6:00-9:00PM JUNE 19 7:00-10:00PM	AUG 20 1:00-3:30 PM AUG 21 6:00-9:00 PM	DEC 10 4:00-6:00 PM DEC 11 8:00-10:00 PM
IOAG 7 PLATINUM	JUNE 21 8:00-9:00PM	AUG 20 4:30-7:30 PM AUG 23 6:00-9:00 PM AUG 24 6:00-9:00 PM	DEC 10 7:00-9:00 PM

**All schedules are tentative and subject to change.*



2023-2024 LEVEL TRAINING CAMPS

CheerForce will be running levelled training camps to enhance the way we teach and standardize tumbling, stunting and jumping skills across all teams within our program. These camps are included in each teams' registration fees, and will run on the following weekends.

FRI, JUNE 2ND, 2023 SAT, JUNE 3RD, 2023 SUN, JUNE 4TH, 2023















































	FRI, JUNE 2ND, 2023	SAT, JUNE 3RD, 2023	SUN, JUNE 4TH, 2023
U8 LEVEL 1 PREP SPARKLE	—	—	9:30-11:00 AM
U8 LEVEL 1 CRUSH	—	—	9:30-11:00 AM
U12 LEVEL 1 PREP SYNERGY	5:00-7:00 PM	2:00-4:00 PM	—
U12 LEVEL 1 NOVICE SHIMMER	—	—	9:30-11:00 AM
U12 LEVEL 1 DIVINE	5:00-7:00 PM	2:00-4:00 PM	—
U12 LEVEL 2 PREP ICONIC	—	9:00-11:00 AM	11:00-1:00 PM
U12 LEVEL 2 IDOLS	—	9:00-11:00 AM	11:00-1:00 PM
U12 LEVEL 3 LEGACY	—	11:00-1:00 PM	5:00-7:00 PM
U16 LEVEL 1 PREP VICTORIOUS	5:00-7:00 PM	2:00-4:00 PM	—
U16 LEVEL 1 ENVY	5:00-7:00 PM	2:00-4:00 PM	—
U16 LEVEL 2 DYNASTY	—	9:00-11:00 AM	11:00-1:00 PM
U16 LEVEL 3 IMPACT	—	11:00-1:00 PM	5:00-7:00 PM
U16 LEVEL 4 PRODIGY	—	4:00-6:00 PM	1:00-3:00 PM
U18 LEVEL 2 REVOLUTION	—	9:00-11:00 AM	11:00-1:00 PM
NT LEVEL 6 DIAMONDS	—	4:00-6:00 PM	1:00-3:00 PM
WORLDS	7:00-9:30 PM	—	7:00-9:30 PM

2023-2024 COMPETITION SCHEDULE

* TENTATIVELY SCHEDULED TO ATTEND

2023-2024 COMPETITION SCHEDULE

* TENTATIVELY SCHEDULED TO ATTEND

	TWINKLE SHIMMER*	SPARKLE SYNERGY VICTORIOUS	CRUSH ICONIC	DIVINE IDOLS LEGACY	ENVY DYNASTY IMPACT PRODIGY	REVOLUTION	DIAMONDS REIGN GOLDEN GIRLS	PLATINUM	
FALL CLASSIC Paramount Fine Foods Centre Mississauga, ON November 11, 2023									FALL CLASSIC Paramount Fine Foods Centre Mississauga, ON November 11, 2023
CHEER FOR THE CURE Tribute Centre Oshawa, ON December 2-3, 2023									CHEER FOR THE CURE Tribute Centre Oshawa, ON December 2-3, 2023
BATTLE AT THE BORDER Scotia Bank C.C. Niagara Falls, ON January 20, 2024									BATTLE AT THE BORDER Scotia Bank C.C. Niagara Falls, ON January 20, 2024
BORDER SHOWDOWN Scotia Bank C.C. Niagara Falls, ON January 21, 2024									BORDER SHOWDOWN Scotia Bank C.C. Niagara Falls, ON January 21, 2024
ONTARIO CHAMPIONSHIPS The Aud Kitchener, ON February 9-11, 2024									ONTARIO CHAMPIONSHIPS The Aud Kitchener, ON February 9-11, 2024
QUÉBEC CHAMPIONSHIPS Centre des Congrès Québec City, Québec Feb 17-18, 2024									QUÉBEC CHAMPIONSHIPS Centre des Congrès Québec City, Québec Feb 17-18, 2024
CANADIAN NATIONALS Scotia Bank C.C. Niagara Falls, ON April 12-14, 2024	* 								CANADIAN NATIONALS Scotia Bank C.C. Niagara Falls, ON April 12-14, 2024

2023-2024 TRAVEL COMPETITIONS



GOLDEN GIRLS NCA DALLAS

Kay Bailey Hutchinson Convention Centre
Dallas, Texas, USA
February 23-25, 2024



REIGN | DIAMONDS GOLDEN GIRLS | PLATINUM THE CHEERLEADING WORLDS

ESPN Sports Centre
Orlando, Florida, USA
April 26-29, 2024



THE SUMMIT

ESPN Sports Centre
Orlando, Florida, USA
May 2-5, 2024



2023-2024 FINANCIAL COMMITMENT

FEES INCULDE	ADDITIONAL FEES	1 PAYMENT	DUE UPON REGISTRATION
<ul style="list-style-type: none"> • Annual Membership Fee • Tuition Fees • Routine Music & License Fees • 2023-2024 Clothing Package • Competition Jacket • Choreography Fee • Concussion Baseline Testing (U12, U16, U18, and Worlds Teams) • Levelled Training Camps • Year-End Banquet 	<ul style="list-style-type: none"> • Competition Uniform (New Members Only) • Competition Entry Fees • NCA, Worlds, Summit Entry Fess, Travel, Accommodations, Clothing & Coaches Fees 	<ul style="list-style-type: none"> U6/U8 PREP & U12 NOV. \$1,830 U12/U16 PREP \$2,025 U8, U12 L2 PREP \$2,220 U12/U16 \$2,610 U18 \$2,705 DIAMOND \$2,800 REIGN \$2,890 GOLDEN GIRLS \$3,080 PLATINUM \$2,025 	

4 PAYMENTS	PAYMENT #1 (MAY 2023)	PAYMENT #2 (JULY 2023)	PAYMENT #3 (OCT 2023)	PAYMENT #4 (FEB 2024)
U6/U8 PREP & U12 NOVICE	\$350	\$550	\$550	\$450
U12/U16 PREP	\$450	\$600	\$600	\$450
U8, U12 L2 PREP	\$500	\$650	\$650	\$500
U12	\$650	\$700	\$700	\$650

	PAYMENT #1 (MAY 2023)	PAYMENT #2 (AUG 2023)	PAYMENT #3 (NOV 2023)	PAYMENT #4 (MARCH 2024)
U16	\$650	\$700	\$700	\$650
U18	\$650	\$750	\$750	\$650
DIAMOND	\$680	\$770	\$770	\$680
REIGN	\$700	\$800	\$800	\$700
GOLDEN GIRLS	\$750	\$850	\$850	\$750
PLATINUM	\$500	\$550	\$550	\$500

12 PAYMENTS	PAYMENT #1 (MAY 2023)	PAYMENT #2-4 (JUNE-AUG 2023)	PAYMENT #5-8 (SEPT-DEC 2023)	PAYMENT #9-12 (JAN-APRIL 2024)
U6/U8 PREP & U12 NOVICE	\$360	\$160	\$145	\$120
U12/U16 PREP	\$370	\$170	\$160	\$145
U8, U12 L2 PREP	\$410	\$190	\$170	\$160
U12/16	\$450	\$250	\$210	\$165
U18	\$460	\$260	\$220	\$170
DIAMOND	\$470	\$270	\$220	\$185
REIGN	\$550	\$270	\$220	\$190
GOLDEN GIRLS	\$550	\$290	\$250	\$195
PLATINUM	\$350	\$170	\$160	\$150

* Fees are based on May registration. Fees are subject to change with later registration.

2023-2024 YEAR AT A GLANCE

<i>April</i> 30	<i>MAY</i> 1	2	3	4	5	6
TEAM PLACEMENT CLINICS	TEAM PLACEMENT CLINICS	TEAM PLACEMENT CLINICS	TEAM PLACEMENT CLINICS	2022-2023 GYM BANQUET	OPEN GYM	TEAM PLACEMENTS
7	8	9	10	11	12	13
TEAM PLACEMENTS	TEAM PLACEMENTS	TEAM PLACEMENTS	TEAM PLACEMENTS		ATHLETE REGISTRATION	ATHLETE REGISTRATION
14	15	16	17	18	19	20
	2023-2024 TEAM SUMMER SCHEDULE BEGINS					GYM CLOSED
21	22	23	24	25	26	27
GYM CLOSED	GYM CLOSED	2023 SPRING SESSION BEGINS				
28	29	30	31	<i>JUNE</i> 1	2	3
					LEVEL TRAINING CAMPS	LEVEL TRAINING CAMPS
4	5	6	7	8	9	10
LEVEL TRAINING CAMPS						
11	12	13	14	15	16	17
				COMPETITIVE TEAM CHOREOGRAPHY	COMPETITIVE TEAM CHOREOGRAPHY	COMPETITIVE TEAM CHOREOGRAPHY
18	19	20	21	22	23	24
COMPETITIVE TEAM CHOREOGRAPHY	COMPETITIVE TEAM CHOREOGRAPHY	COMPETITIVE TEAM CHOREOGRAPHY	COMPETITIVE TEAM CHOREOGRAPHY	COMPETITIVE TEAM CHOREOGRAPHY		
25	26	27	28	29	30	<i>JULY</i> 1
						GYM CLOSED

2023-2024 YEAR AT A GLANCE

2	3	4	5	6	7	8
GYM CLOSED	GYM CLOSED				LEVEL TRAINING CAMPS	LEVEL TRAINING CAMPS
9	10	11	12	13	14	15
LEVEL TRAINING CAMPS	2023 SUMMER SESSION BEGINS					
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	<i>AUG</i> 1	2	3	4	5
6	7	8	9	10	11	12
GYM SHUTDOWN	GYM SHUTDOWN	GYM SHUTDOWN	GYM SHUTDOWN	GYM SHUTDOWN	GYM SHUTDOWN	GYM SHUTDOWN
13	14	15	16	17	18	19
					COMPETITIVE TEAM CHOREOGRAPHY	COMPETITIVE TEAM CHOREOGRAPHY
20	21	22	23	24	25	26
COMPETITIVE TEAM CHOREOGRAPHY	COMPETITIVE TEAM CHOREOGRAPHY	COMPETITIVE TEAM CHOREOGRAPHY	COMPETITIVE TEAM CHOREOGRAPHY	COMPETITIVE TEAM CHOREOGRAPHY	COMPETITIVE TEAM CHOREOGRAPHY	COMPETITIVE TEAM CHOREOGRAPHY
27	28	29	30	31	<i>SEPT</i> 1	2
COMPETITIVE TEAM CHOREOGRAPHY						

2023-2024 YEAR AT A GLANCE

3	4 GYM CLOSED	5 2023-2024 TEAM COMPETITIVE SCHEDULE BEGINS	6	7	8	9
10	11 2023 FALL SESSION BEGINS	12	13	14	15	16
17	18	19	20	21	22	30
24	25	26	27	28	29	30
OCT 1	2	3	4	5	6	7
8 GYM CLOSED	9 GYM CLOSED	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27 TRUNK OR TREAT	28
29	30	31	NOV 1	2	3	4 FORCEFEST *TENTATIVE*

2023-2024 YEAR AT A GLANCE

5	6	7	8	9	10	11 CHEER EVOLUTION FALL CLASSIC
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	DEC 1	2 CANADIAN CHEER FOR THE CURE
3 CANADIAN CHEER FOR THE CURE	4	5	6	7	8 COMPETITIVE TEAM CHOREOGRAPHY	9 COMPETITIVE TEAM CHOREOGRAPHY
10 COMPETITIVE TEAM CHOREOGRAPHY	11 COMPETITIVE TEAM CHOREOGRAPHY	12	13	14	15	16
17	18	19	20	21	22 GYM CLOSED	23 GYM CLOSED
24 GYM CLOSED	25 GYM CLOSED	26 GYM CLOSED	27	28	29	30
31 GYM CLOSED	JAN 1 GYM CLOSED	2	3	4	5	6 2023-2024 TEAM COMPETITIVE SCHEDULE RESUMES

2023-2024 YEAR AT A GLANCE

7	8	9	10	11	12	13
14	15	16	17	18	19	20 
21 	22	23	24	25	26	27
28	29	30	31	FEB 1	2	3
4	5	6	7	8	9 	10 
11 	12	13	14	15	16	17 
18 	19 GYM CLOSED	20	21	22	23 	24 
25 	26	27	28	29	MARCH 1	2
3	4	5	6	7	8	9 GYM CLOSED

2023-2024 YEAR AT A GLANCE

10 GYM CLOSED	11 GYM CLOSED	12 GYM CLOSED	13 GYM CLOSED	14 GYM CLOSED	15 GYM CLOSED	16 2023-2024 TEAM COMPETITIVE SCHEDULE RESUMES
17	18	19	20	21	22	23
24	25	26	27	28	29 GYM CLOSED	30
31 GYM CLOSED	APRIL 1 GYM CLOSED	2	3	4	5	6
7	8	9	10	11	12 	13 
14 	15	16	17	18	19	20
21	22 	23 	24 	25 	26 	27 
28 	29 	30	MAY 1	2 2023-2024 GYM BANQUET	3	4

BLACK OUT DATES - SEE ATTENDANCE POLICY FOR DETAILS.

THIS CALENDAR IS CONSIDERED TENTATIVE AND WILL BE REVISED AND RELEASED PERIODICALLY AS CHANGES ARE MADE AND DETAILS ARE ADDED

CHEERFORCE FINANCIAL COMMITMENTS & POLICIES

FORMS AND FINANCIAL RESPONSIBILITIES

1. All athletes/parents are to complete the online Policies Agreement and Payment Authorization Waivers upon registration. Once waivers have been submitted, they are valid for all/any programs within CheerForce for the season indicated.
2. Contact information must be completed online before any athlete participates in any program.
3. Separate Waiver Forms from competition organizations are also required. All forms need to be complete and returned to CheerForce as requested.
4. Payment plans are available for the Competitive Cheer program within CheerForce. All other programs must be paid in full prior to participation.
5. All accounts must be in good standing in order for athletes to participate.
6. Monthly and Quarterly payments will be taken on the 1st of the month. If payments are declined, they will be tried again 3 days later. If it is declined again, a \$20 late fee will be accrued.
7. NSF cheques will sustain a surcharge of \$25, plus the amount of the original cheque.
8. If more than 2 cheques are returned to CheerForce as NSF, then any following payments must be submitted in the form of a certified cheque, cash, credit or debit card.
9. All payment towards the competitive program are non-refundable. CheerForce offers a 2 week, money back guarantee if you don't absolutely love our competitive team program.
10. Competition entry fee payments are the responsibility of the athletes on the team rosters, not substitute athletes. If an athlete cannot participate at a competition for any reason but will be returning for future competitions, the registration fee for that competition must still be paid by the original athlete. Fees will be charged for each competition one month prior to the event. Coaches' fees are included in competition fee payments. Competition fees are non-refundable and may not be waived.
11. Request to withdraw an athlete from the competitive program must be done in writing (email) to laura@cheerforceallstars.ca. Any financial inquiries regarding the competitive program should be directed to laura@cheerforceallstars.ca.

GENERAL RULES

1. CheerForce Allstars, and all logos associated with CheerForce are registered trademarks of CheerForce Allstars and therefore cannot be duplicated for personal use or any unauthorized use. Permission by the owners must be granted to display logos in any manner.
2. The gym area is restricted to athletes and coaches only. No other family member or friend may be in the gym without the expressed permission of an owner or coach.
3. No athletes are permitted in the gym area without a coach.
4. Use of any equipment in the gym area by an athlete must be with coach supervision.
5. No food or drinks are allowed in the gym area (exception: water or sports drinks).
6. Athletes are discouraged from bringing any valuable items to the gym. CheerForce is not responsible for any lost/stolen items.
7. The equipment located upstairs from the main entrance is the property of OptiHealth and may not be used or touched by any CheerForce athlete/family unless under the direct supervision of OptiHealth staff.

CODE OF CONDUCT POLICY - ATHLETES

1. Athletes must be committed to behaviour and conduct that will enhance and promote the positive image of CheerForce Allstars and your teammates.
2. Athletes must conduct themselves in the spirit of sporting behaviour in all situations.
3. Athletes will treat others with the utmost respect and dignity.
4. Athletes will abide by the rules of our sport, as set out by the competitions' governing body
5. Athletes will not willfully damage the property of others, which would include, but not limited to:
 - a. All CheerForce Training Centre property, equipment or member belongings
 - b. Competition or CheerForce Event Facility sites
 - c. Hotels
 - d. Transportation vehicles
6. Athletes will not consume or transport alcohol, illegal or illicit drugs, vaping, tobacco or marijuana of any kind at a CheerForce event, practice, competition, or trip.
7. Athletes who decide to keep a Facebook, Twitter, Snapchat, Instagram, TikTok or any other online Social Network profile must adhere to the following standards:
 - a. NO photos or videos of anyone wearing CheerForce apparel with vaping devices, alcohol, drugs, or appearing under the influence.
 - b. NO content that consists of discriminatory, harassing and/or abusive behaviour, or any form of bullying as determined by the sole discretion of the CheerForce Staff.

c. It is highly recommended that CheerForce members place a privacy block on their pages, therefore limiting view of their profiles and photos to only approved friends.

8. All concerns relating to discrimination, harassment, abuse and substance abuse that are in breach of CheerForce Allstars Policies will be subject to a full range of disciplinary action, which may include removal from the program. It WILL include parental notification (if under the age of 18) and may include legal action.

CODE OF CONDUCT POLICY - PARENTS

1. Parents are committed to upholding a standard of conduct that reflects positively on ALL CheerForce teams, athletes, coaches, owners and supporters.
2. Parents will conduct themselves in a sportsmanlike manner at all times. Parents shall refrain from gossiping, spreading rumours, or speaking poorly of other athletes, other parents and coaches. The utmost respect should be observed while in the CheerForce facility including the admin/foyer, parent viewing lounge, outdoor viewing area (when overhead doors are open), and in any chat groups.
3. Parents will treat all competitors and other gym members (athletes and parents), competition event staff, officials and judges with the utmost respect and dignity.
4. Parents are responsible for any siblings present while waiting for their CheerForce athlete during practice.
5. Parents will respect the CheerForce training facility. Please be courteous when waiting in the waiting area and pick up after yourself.
6. Parents shall not create any apparel or paraphernalia with any CheerForce related names or logos without the express permission from ownership.
7. Parents shall not use the parent viewing lounge, other common CheerForce areas, or team chat groups to conduct personal business or selling non-CheerForce approved items.
8. Parents will respect that there are NO parents, siblings or friends allowed in the gym at any time, unless directed by the Head Coach or owner.
9. Parents are financially responsible for all costs associated with your child's involvement with becoming a CheerForce Athlete. This does not include athletes over the age of 18.
10. Parents who choose to keep a Facebook, Twitter, Snapchat, Instagram, Tiktok or any other online social network profile must adhere to the following standards:
 - a. NO photos or videos of CheerForce parents wearing CheerForce clothing, with alcohol, drugs, or appearing under the influence
 - b. NO content that consists of discriminatory, harassing and/or abusive behaviour or any form of bullying, as determined by the sole discretion of CheerForce Ownership and coaching staff.

c. NO inappropriate, vulgar, suggestive, or obscene language, photos or videos are permitted wearing CheerForce clothing, as determined by the sole discretion of CheerForce Ownership and coaching staff.

d. It is highly recommended that CheerForce members place a privacy block on their pages, therefore limiting their profiles and photos to approved friends only.

FUNDRAISING POLICY

1. Any fundraising initiatives planned by potential Worlds and Summit teams require approval from ownership.
2. All fundraisers need to be submitted in writing with a detailed summary of the planned activities to ownership.
3. Fundraisers that are publicized and promoted within the CheerForce community, including in the facility, CheerForce Band groups and in chat groups may only include teams attending the Cheerleading Worlds or the Summit.
4. All fundraising is considered optional.

Failure to adhere to any of the above Responsibilities, Rules and Policies will result in disciplinary action at the sole discretion of CheerForce staff and/or ownership, which may include but is not limited to revoked gym privileges, changes in roles within a routine, removal from routine for upcoming competition(s), removal from the program.

WORLD
CHAMPIONSHIPS

CF



WWW.CHEERFORCEALLSTARS.CA

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