



**2025-2026**

***READY TO TWIST INTO ACTION***

**#Tw1sters**



[www.twistandflip.ca](http://www.twistandflip.ca)



[twistandflip@shaw.ca](mailto:twistandflip@shaw.ca)



[twisterselitecheer](https://www.instagram.com/twisterselitecheer)

# *What is All-Star Cheerleading?*

**All Star cheerleading offers various age groups and levels to ensure that there is a team for everyone. Levels ensure safe progression for athletes as they learn increasingly complex skills and allow athletes at all levels to compete against evenly matched teams. Age grids ensure athletes can develop socially and engage in age-appropriate learning and skill development. All-Star cheerleading is a competitive team sport that combines stunting, tumbling, jumps, and dance into a choreographed routine.**

***WE ARE!!***



Twisters Elite is a program that has developed out of true passion for the sport. Through this sport athletes become a part of something bigger, a

## **FAMILY.**

Cheerleading is a sport that brings young athletes together through teamwork, skill and precision, and determination.

Here at Twisters Elite we pride ourselves in our commitment in developing respectful leaders in our community.

# CORE VALUES

## Teamwork

TEAMWORK is an integral part of our sport. Every athlete, parent, coach, trainer is a piece to the puzzle in making a successful program.

At Twisters Elite, we prioritize unwavering INTEGRITY. As a competitive program, we are committed to authenticity and foster an environment of encouragement and respect for everyone.

## Integrity

## Community

Our athletes are integral members of a broader community that extends beyond just their teammates. This COMMUNITY encompasses everyone within our gym, our city, and all individuals we meet throughout our journey in this sport. Together, we are stronger!!

Cultivating strong leaders is a fundamental value of our program. The lessons our athletes gain from their involvement in this sport transcend the athletic arena. We are dedicated to equipping them with the skills to become resilient and confident LEADERS

## Leadership

# ***AGE GRID***

***2025/2026***

**We follow the Cheer Canada Age grid**

| <b>Team</b>     | <b>Ages</b> | <b>Birth Year</b> |
|-----------------|-------------|-------------------|
| U6 Novice       | 4-6 yrs     | 2019-2022         |
| U8 Prep         | 5-8 yrs     | 2017-2021         |
| U12 Prep        | 8-12 yrs    | 2013-2018         |
| U16 All-Star    | 12-16 yrs   | 2009-2014         |
| U18<br>All-Star | 14-18 yrs   | 2007-2012         |

# *Our Teams*

## U6/U8 Novice/Prep

Our Prep teams are the perfect entrance into the sport of Cheerleading. This team's focus is to develop the confidence and technique in tumbling, jumps and stunts. This team trains 2 hrs/week and attends three competitions.

## U12, U16 Prep/All-Star Teams

Our All-Star teams strive for excellence. We believe that developing confidence through strength training and skill building brings passion and joy to the sport of cheerleading. These teams train 4-5 hrs/week and attend 4 competitions, with a potential major travel event.

# All-Star Cheerleading

|                     | U6<br>Prep | U8<br>Prep | U12<br>All-Star | U16<br>U18<br>All-Star |
|---------------------|------------|------------|-----------------|------------------------|
| Season              | Sept-Apr   | Sept-Apr   | Aug-April       | Aug-April              |
| Training            | 2 hrs/wk   | 2 hrs/wk   | 3 hrs/wk        | 4 hrs/wk               |
| Fitness<br>training | N/A        | N/A        | 1 hr            | 1 hr                   |
| Comps               | 3          | 3          | 5               | 5                      |
| Comp<br>Fees        | \$250      | \$250      | \$450           | \$450                  |
| Uniform             | \$270      | \$270      | \$405           | \$405                  |
| Monthly<br>fees     | \$104.54   | \$104.54   | \$156.87        | \$209.08               |
| Reg<br>Fees         | \$156      | \$156      | \$260           | \$260                  |

# ***REGISTRATION FEES***

Included in our competitive registration fees are:

- ACA Membership fees
- Cheer Canada Membership fees
- ACA Insurance Fees
- Professionally edited music
- Club shirt
- Admin fees

ACA Membership/insurance fees along with Cheer Canada fees are effective July 1 - June 31. If you register for any of our Cheer camps in July these fees will have to be paid at that time. Once paid you will not have to pay again and the amount will be removed from your Registration fee when you register for one of our competitive teams.

ACA and Cheer Canada fees are for members across Alberta. Once paid at one club they do not have to be paid again at another club within the season. These fees are attached to the athletes account and transferable to other clubs.

# Training Schedule

\*may change based on what teams are created during placements\*

|             | Monday           | Tuesday    | Thursday   | Sunday      |
|-------------|------------------|------------|------------|-------------|
| U6          | N/A              | 5:00-6:00  | N/A        | 4:45 - 5:45 |
| U8          | N/A              | 6:00-7:00  | N/A        | 5:30 - 6:30 |
| U12         | Fitness Training | N/A        | 5:45-7:15  | 6:15 - 7:45 |
| U16/<br>U18 | Fitness Training | 7:00 -8:30 | 7:00 -8:30 | 7:30 - 8:30 |

# ***COMPETITIONS***

**ALL COMPETITIONS ARE MANDATORY.** Every single athlete is an integral part of their team, with even just one athlete missing the team is not able to perform to the capacity they deserve. It is required for all athletes to be in attendance 4 practices prior to event competition. Failure to do so may result in position changes in the routine, or removal from the preceding event.

**PREPARATION FOR COMPETITION IS KEY!!!**  
All athletes are to arrive at the competition in full uniform 20-30 minutes prior to their scheduled meet time. **ABSOLUTELY NO JEWELRY.** When athletes arrive to their meet time with coaches they are to leave all their personal belongings with their parents.

Competition fees will be divided out into 2 - 3 monthly payments with a final due date of October 15th. We are trying our best to divide out the costs as much as possible as we know the costs can be quite heavy at the beginning of a season.

# ***COMPETITION DETAILS***

**\*Tentative\***

Our goal is to give our athletes experiences that they will cherish and remember! We will be primarily competing in Alberta and Canada with the potential of One major travel event for the All-Star Teams. Below are the events we are considering. Final Decisions will be made August 1st, 2025.

## ***POSSIBLE 2026 CHEER EVENTS***

### **U6/U8**

#### **Prep Teams**

Imagine - Calgary  
Jan 30-Feb 1

True North - Edmonton  
Feb 27 - Mar 1

ACA Provincials  
Mar 20-22

### **U12/U16**

Imagine - Calgary  
Jan 30- Feb 1

True North - Edmonton  
Feb 27 - 1

Warman - Warman  
Mar 6-8

Take Flight  
Mar 29-30

Extravaganza- Edmonton  
April 10-11

# ***PRE-EVALUATION CAMP***

Pre-Evaluation Camp is utilized to freshen up your skills before Team Placements. During this camp we will be working on tumbling technique, jumps, and stunting grips and skills. We will be breaking down the skills to prepare athletes for the technical aspect of Placements.

|                | <b>July<br/>8 - 10<br/>(Tues, Wed,<br/>Thurs)</b> | <b>Cost<br/>(includes<br/>insurance)</b> |
|----------------|---------------------------------------------------|------------------------------------------|
| <b>U6/U8</b>   | <b>5:00-6:00</b>                                  | <b>\$111</b>                             |
| <b>U12</b>     | <b>5:45 - 7:15</b>                                | <b>\$126</b>                             |
| <b>U16/U18</b> | <b>7:00-8:30</b>                                  | <b>\$126</b>                             |

ACA and Cheer Canada membership fees are not included. Once paid, your athlete is covered from July 1st- June 31st and this membership is transferable across all Alberta gyms throughout the Season.

# ***TEAM PLACEMENTS***

Team placements are designed to create teams that will be able to find success. We take in consideration: age, individual tumbling, team tumbling, stunting level, jumps, as well as an athletes ability to work to counts. We place athletes where they will be both challenged and successful.

|                             |                    |
|-----------------------------|--------------------|
| <b>\$15</b>                 | <b>July<br/>23</b> |
| <b>U8<br/>2017-2021</b>     | <b>5:00-6:15</b>   |
| <b>U12<br/>2013-2016</b>    | <b>6:15-7:30</b>   |
| <b>U16/18<br/>2007-2012</b> | <b>7:30-8:45</b>   |

Athletes may be asked to return on the 24th for additional team Placement evaluation.

Additional Membership/insurance fee - this fee is for the season, if already paid during pre-evaluation camp you will not have to pay again.

# ***AUGUST TRAINING***

August Training will be utilized to develop stunt groups, stunt sequences, tumbling passes, and jumps sequence for the routine. It will also be used to drill the fundamental skills needed to have a successful team.

|         | Aug<br>5 - 7 | Aug<br>11-14 |
|---------|--------------|--------------|
| U6/U8   | N/A          | N/A          |
| U12     | 5:00-6:30    | 5:00-6:30    |
| U16/U18 | 6:30 - 8:30  | 6:30-8:30    |

# ***FITNESS TRAINING***

Cheerleading is a sport that requires great strength and flexibility. Between stunting, jumping and tumbling the athletes body is put through strenuous training. Maintaining your physical health is the first step in the longevity in the sport.

At Twisters Elite we have partnered with Foundation Training Center to develop a personalized training program for our athletes to assist in the the maintenance of their physical health.

This program is for our U12 and U16 athletes. Teams will have scheduled training times down at Foundation Training Center:  
Bay #2 765 2nd Street SE.

Training will be:

- every Monday from August 18-Dec 1st
- January 5 and 19
- Feb 2

\$57/month

(August, September, October, November)

# UNIFORMS

We will be doing our uniforms in a 2 year cycle. Being our first year with our uniforms we will be doing a fundraiser to try and assist with these costs.

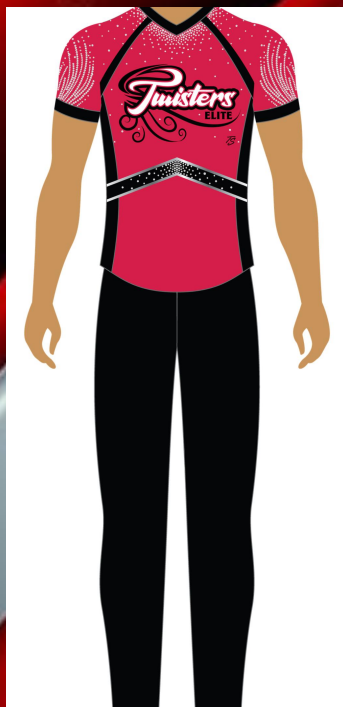
## Included in cost is:

- Uniform top
- Uniform bottom
- Bow

## Not included is:

- Black cheer shoes
- Black ankle socks
- Performance make-up

Prep Uniforms will be: \$270.  
All-star uniforms will be: \$405



# ***PROGRAM IMPORTANT DATES***

**July 8-10 (Pre-Evaluation Camp)**

**July 23 (Team Placements)**

**August 5-14 (TEAM Practices-U12, U16/U18)**

**TBD Oct/Nov (Choreo Camp)**

**January 18 (Storm Chasers Showcase)**

**January 30-4 (Imagine Championships)**

**February 27-Mar 1 (True North)**

**March 6 - 8 (Warman)**

**March 28-29 (Take Flight)**

**April 10-11 (Cheer Extravaganza)**

## ***CLOSURES***

**August 1 - 4 (August Long)**

**August 29- September 1 (Labour Day)**

**October 10-13 (Thanksgiving)**

**December 22 - January 3 (Christmas)**

**February 13-16 (Family Day)**

**April 3 - 11 (Easter Break) ASW dependant**

**We will be closed on the weekends that any of our teams are competing in competitions.**

# ***POLICIES***

## A. Attendance

Competitive cheerleading requires teamwork and dedication from all team members to ensure the success and most importantly the safety of our athletes. Missing one athlete at practice means 3-4 others do not get proper training that day. This holds back our teams as well as leads to frustration from those who are not able to effectively participate. As athletes progress through the levels the expectation for attendance rises.

### Attendance Policy – All-Star, Prep, Novice

1. Athletes should strive for zero absences and only miss if absolutely necessary. Proper time management and prioritizing is expected. If an athlete reaches 3 absences, they may be removed from choreography and possibly team.
2. There are NO REFUNDS on any fees paid if an athlete is removed due to attendance.
3. Coaches reserve the right to move athletes out of stunts and choreography for any number of absences or athletes not fully participating in practices.
4. We have several breaks in the season. Please see the calendar for dates that team training is cancelled and book vacations during those times.
5. If you incur an injury that prevents you from practicing, you still need to attend your team practices to keep up with the routine and learn choreography. Coaches can also assign conditioning and rehabilitation activities to allow for smoother transition back into activities.
6. Refunds will not be given for missed practices, camps, competitions. No makeup classes.
7. Athletes must come prepared for practice/competition and arrive on time.
8. A full commitment to attend ALL competitions as scheduled is necessary. Failure to attend may result in removal from stunt groups, routine and possibly program.

# ***POLICIES***

## **B. Gym Rules**

1. Athletes must wait for their practice to commence before entering the training area.
2. No use of equipment is permitted unless under the supervision of their coach.
3. Only Twisters Elite coaches may spot tumbling.
4. No food or beverages are to be consumed on the gym floor or training area and this includes chewing gum, candy, and water. Water bottles must remain in designated areas only.
5. Hair must be tied back and away from the eyes.
6. Absolutely NO jewelry may be worn to practices, especially piercings.
7. Nails must be kept to an acceptable length as outlined by ACA/Cheer Canada.
8. No parent or sibling is allowed on the gym floor or training area. Parents need to have control of siblings in viewing areas.
9. All injuries must be reported to your coach immediately no matter how insignificant the injury seems and/or whether or not it is cheer-related.
10. Cheerleaders must wear appropriate tight fitting sports attire clothing and clean indoor cheerleading shoes in the gym.
11. All valuables should be kept at home. Twisters Elite assumes no responsibility for lost or stolen articles.
12. If phones are brought into the gym they should remain zipped up and in bag for the duration of practice.

# ***POLICIES***

## **C. Conduct Expectations**

1. Challenging the authority of the coach or person in charge, by the athlete or parent may be grounds for dismissal.
2. Parent or athletes swearing at or belittling coaches, athletes or parents will be removed from the gym and athlete will be removed from the program.
3. Athletes will follow hair and makeup guidelines for all performances and competitions.
4. When traveling, athletes must maintain the highest standard of behaviour at all times. No smoking, vaping, drinking of alcoholic beverages or use of drugs. This could warrant IMMEDIATE dismissal from the program. Athletes will be sent home at parent's expense.
5. Directors and coaches have the right to remove an athlete at any time for unacceptable behavior including (but not limited to): unsportsmanlike conduct, smoking, bullying, drug use, breach of policies etc.
6. No member (athlete or parent) will post any negative comments directly related to Twisters Elite, it's members, staff, or coaches on any chat board, blog or any other media. Nor shall any member post negative comments regarding any other team/club.
7. Athletes shall not post routines before the competition or other event has occurred unless given permission from coaches. No posting of "fail" videos.
8. No members shall post pictures of any member while in uniform or in practice gear that would reflect poorly upon the program, or the individual.
9. Athletes and parents may NOT use the Twisters Elite logo, gym name, or team names in the production of any clothing items, bags, etc.
10. Any gifts or sponsorship items containing the Twisters Elite logo, gym name, or team names must have express written consent from the gym owner, Randy McMullen.
11. Athletes are required to follow the regulations as set forth by the Canadian Center for Ethics in Sport (CCES). All athletes who are members of a Worlds team may be required to take the CCES "True Sport Clean" untracked program.
12. Athletes are required to follow the Code of Conduct as posted by the Alberta Cheerleading Association and Cheer Canada.

# POLICIES

## D. Parental Obligations

1. Parents are responsible for discussing these rules and ensuring their athlete is following them at all times.
2. Parents need to ensure their athlete is in attendance and on time to all practices, competitions, and events.
3. Parents will communicate with coaches if the athlete is going to be late or absent.
4. Parents must fulfill all financial commitments. Athletes will be sat out of practice as per fee policy if fees are not up to date.
5. Parents will abide to the viewing rules. You may watch from the viewing area and not interfere with team practice. If you have any questions please wait until end of practice to ask the coach.
6. Parents will remove outdoor shoes when coming into the building.
7. Minimum of one parent/guardian for each minor athlete must join their team Band group for communication purposes.
8. One parent will be required to complete Respect in Sport.

## Payments - All Star, Prep, Novice Teams:

1. Payments must be set up with a valid credit card.
2. \$25 fee will be applied to accounts if credit cards on file are not able to be processed.
3. Fees are stated as a yearly total. A payment plan has been established breaking the fees into multiple payments due starting upon registration and concluding in April for All-Star, Novice, and Prep.
4. Overdue fee procedure:
  - On day of processing, notice is sent to accounts that come back declined/not paid
  - Day 5 – 2nd overdue notice sent, athlete will sit out of practices until fee is cleared
  - Day 20 – 3rd overdue notice sent, athlete is removed from routine elements

# ***POLICIES***

## Refunds – All-Star, Prep, Novice Teams:

1. If withdrawing before the first All Star, Prep, Novice team practice, a refund of fees paid less a \$150 administration fee will be given.
2. There are no refunds on All Star, Prep, Novice fees after the third practice. If withdrawing from the program before the end of the third practice, a refund of fees paid in the initial payment minus a \$200 administration charge will be given.
3. If withdrawing from the program after the third practice, no refund will be given on fees already paid. Additional fees and charges as per the payment schedule will cease 15 days after notice has been given in writing.
4. All intentions to withdraw from the program must be done in writing to: [twistandflip@shaw.ca](mailto:twistandflip@shaw.ca)
5. If a government shutdown is enforced upon us All Star, Prep, Novice practices will take place virtually.
6. There are no refunds on uniforms, clothing, merchandise, or shoes.
7. There are no refunds on travel and or competition fees.
8. If a competition is cancelled due to government shutdown, we will work with event producers and travel companies to recoup as much as possible.

## Refunds – Special guest clinics/camps

1. No refunds on special guest clinics