



2020/2021 PROGRAM HANDBOOK

THANK-YOU for considering Okanagan Firestorm Cheerleading! Okanagan Firestorm Cheerleading is entering its' 9th season and has become a growing force in the British Columbia cheer community recognized for our excellence in sportsmanship and skill. Established in 2012, we are the only BC Cheerleading Association recognized cheer program in the Okanagan!

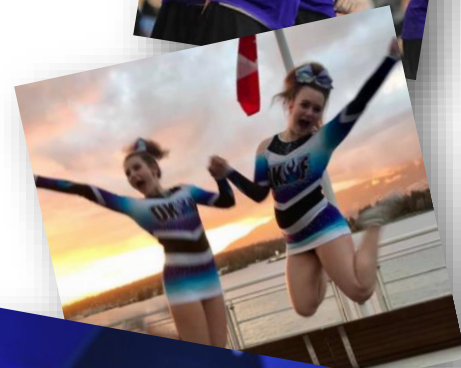
WHAT WE BELIEVE:

Okanagan Firestorm Cheerleading is more than just another team your child plays on. All-star cheerleading is a sport that exemplifies "Teamwork" and we believe passionately that through hard work, dedication and a positive, supportive environment, all of our members, no matter the age or ability, will gain skills that can be applied to any aspect of their life. We strive to help our athletes discover personal excellence by providing the opportunity to develop social and emotional skills in respect, trust, leadership, commitment, responsibility, independence, class and teamwork while encouraging a high level of athleticism. At Okanagan Firestorm Cheerleading, we strive to provide an environment that surrounds our athletes with positive role models and encourages the value of hard work, goal setting, dedication and commitment. All our coaches are trained and certified to be coaching stunt and tumbling skills safely and attend regular training sessions to stay up to date with coaching practices, skill progressions and more. Each child and teenager will learn to take pride in their personal, unique contributions to their team while also recognizing and valuing the unique contributions of those around them.

At Okanagan Firestorm Cheerleading, every athlete that comes through our door has tremendous potential. We have a team for EVERY athlete that wants to participate in cheer --- regardless of age or ability!! It is our goal to ignite a spirit in all these athletes that will help them reach that potential and will burn bright within them, long into the future.

TABLE OF CONTENTS:

- Contact Information – PG.2**
- Recreational, School Rec and Novice – PG.3**
- Prep Programs – PG. 4**
- Competitive Programs – PG.5**
- Registration Instructions and Summer Training– PG. 6**
- Fee Schedule and Break down – PG.7**
- Competition Schedule and Planning – PG.8**
- Attendance and Illness – PG.9**



All-Star Cheerleading Levels:

The IASF (International All-Star Cheer Federation) has created rules designed for proper progression of skills from levels 1-7. These standards are used to promote best practices at every gym across North America and internationally. There are dozens of skills included in each level for both stunting and tumbling meaning that some athletes can spend multiple years in the same level while still advancing their skills. For some athletes, the journey is not linear through cheer and may result in levels changing up or down each year depending on the teams offered that season, the athletes current ability level and rule upgrades.

Okanagan Firestorm's certified coaches will assess each athlete to ensure they are placed on a properly levelled team where their skills are best suited for performance and progression in multiple aspects of a routine. Athletes are assessed on numerous areas of skills, coachability, team mindedness and attitude. All athletes registering for our program will be placed on an appropriate age and level team, though it may not be fully competitive. For more information on rules, levels and skills, please don't hesitate to ask our coaching staff or visit: <http://www.cheerleadingcanadainc.com/>

Program Options

At Okanagan Firestorm we work hard to continually offer new and exciting team options for all our interested athletes, regardless of age, ability level or time. Whether your athlete has been cheering for years, or this will be their first time stepping on the blue mats, we have a place for them!

Different from other sports, ***a brand new athlete can register straight to a competitive program based on their interest level, coachability and the time commitment the parent wishes to take on.***

Age Appropriate Team:

Our coaching staff strives to build teams that are well balanced in terms of age and ability. Moving athletes up to fast simply to be on an "older" team deprives the athlete of the social development with their similar age peers which is equal in importance to their athletic development. If there is a team for your skills at your age division you will not be moved to an "older" division unless the coaches determine that a specific spot needs to be filled. For the most well-rounded athletic development, an athlete should experience what it is like to be the youngest on a team and the oldest on a team.

Team Placements:

All-star cheer athletes are split according to age and level. These levels dictate what type of skills the team is expected to be able to perform in front of judges. We do our best to match athletes to teams based on level but there are many factors we also take into consideration including but not limited to stunt position, emotional readiness, attitude, dedication, personal goals and abilities in jumps, dance, motions and tumbling. We will always place according to what is in the best interest of a team to build an evenly matched group who will be strong in practice and competition.

Emphasis will be placed on maximizing and perfecting our current skills while building our skills for progressions into the next level. We will not accelerate an athlete or team into a level they are not ready for or where they will struggle to meet competition standards just so they can be with their friends, try harder skills or have a convenient carpool. Our athlete's safety and success is our number one focus. Our coaching staff have years of experience and will be looking to properly place each athlete, even if it means an athlete may not make the team they or their parent most desire. Trust the process and our experience.

CONTACT INFORMATION

GYM ADDRESS: 5-360 Spedding Crt Kelowna BC

GYM PHONE: 778-484-6532

NIKKI'S CELL PHONE: 250-681-3934

EMAIL: okfirestormcheer@shaw.ca

WEBSITE: www.okfirestormcheer.com

FACEBOOK PAGE: Okanagan Firestorm Cheerleading

INSTAGRAM: @okfirestormcheer

All Registration and Billing takes place in Jackrabbit via the website

For real time updates, photo sharing and more, All Registered Families should request admission to the Facebook Group

OKANAGAN FIRESTORM FAMILY.

RECREATIONAL

Sparkles – Born 2015-2017

Sparks – Born 2014-2008

Our Recreational program is a great option for athletes who are first being introduced to organized sports or who would like to try the sport of cheer but have limited time available to commit. Recreational classes run in a 8-10 week session and cover basic level 1 skills in tumbling, basic stunt technique, jumps, dance and motions.

****Sessions traditionally offered fall, winter and spring. Rec program availability will be posted nearer to September for the coming season.**

Practice 1 Hour 15 Minutes per week.

No Competitions. No Uniform Purchase.

Family Performance during last class.

No skill assessment. Register Directly to this class.

One Time \$200 fee for 8 weeks including membership and insurance. Breakdown on Page 7.



TINY NOVICE FIREFLIES

BORN IN 2014-2017

Fireflies is a great team for our littlest cheerleaders just starting out in organized sports! Athletes work on listening, turn taking and cooperation while learning skills for body control and awareness, gross and fine motor skills. Athletes learn dance, cheer movements and motions, forward rolls, cartwheels, basic tumbling drills, jumps, stunt positions and timing. While stunts are often included in practices, they are not performed in front of judges.

Season runs Sept. 7, 2020– May 30, 2021

Full season commitment required.

Practice 1 hour 15 minutes once per week.

Traditionally runs Wednesdays or Sundays. Confirmed schedule will be released in August.

1 local competition

Program Fee \$200, Monthly Tuition \$75

Routine Fee: \$50

See Page 7 for Payment breakdown and Schedule

Uniform Cost: \$45 rental, \$20 Bow Purchase

No skill assessment. Register directly to this class.



HIGH SCHOOL RECREATIONAL BORN 2007-2002 ****NEW OPTION****

This program is a more advanced recreational option aimed for athletes who are middle/high school age and would like to gain, maintain and progress their skills without having to commit to a full season all-star team. Athletes will focus on conditioning, jumps, tumbling, motions, stunt technique and more. This is a great option for individuals who may have previously cheered in school but may not be guaranteed a fall season this year or who want to learn to cheer but can't commit to a season team.

12 week session, Week of September 21-December 11, 2020.

Practice Day will be set at beginning of September

Practice 1 Hour 30 Minutes per week.

No Competitions.

Family Performance during last class.

No Uniform Purchase.

No skill assessment. Register Directly to this class.

See Page 7 for Payment Schedule.

One time \$250 fee including Membership and insurance.



PREP CHEER

Tiny – Born 2014-2016

Mini – Born 2012-2013

Youth – Born 2008-2011

**** age divisions listed can be combined based on registration numbers**

Also known as semi-competitive, Prep teams offer the all-star cheer experience with half the time commitment. Athletes train in tumbling, stunting, dance, jumps and routine. Level 1 basic to intermediate skills are covered.

Season runs September 8th 2020-May 25th, 2021
Full Season Commitment Required

Practice 1 hour 30 minutes once per week.
Traditionally Runs Tuesdays, Times TBA.

1-2 Single Day Competitions
Please see Page 8 for details

Fees:

\$200 Program Fee

Summer Training Optional

Routine Fee: \$75

Competition Fees: See Page 8

Monthly Tuition: \$80

See chart on page 7 for payment breakdown and schedule.

Uniform Cost:

\$50 rental, \$20 Bow Purchase

No skill assessment. Register directly to this class.



INTERMEDIATE PREP CHEER

Born 2004-2011

***Athletes 10 and under MUST have completed one year of prep, have a minimum of a strong cartwheel, and be a confident stunter.**

This team is for older prep athletes and those who have completed our main prep program and are ready to advance their skills in a more challenging environment.

Season runs September 9th, 2020-May 26th, 2021
Full Season Commitment Required

Practice 1 hour 30 minutes once per week.
Traditionally runs Wednesdays. Times TBA.

2-3 single day competitions:
See Page 8 for details.

Fees:

\$200 Program Fee

Summer Training Optional

Routine Fee: \$100

Competition fees: See Page 8

Monthly Tuition: \$80

(First and Last month due September 1st)
See chart on page 7 for payment schedule.

Uniform Cost:

\$50 rental, \$20 Bow Purchase

No skill assessment over 10 yrs. Register directly to this class.



COMPETITIVE CHEER

Projected Ages for 2020/2021

Age divisions based on birth year.

Competitive teams offered in this gym for birth years 2015-2001*
2020/2021 season ONLY 2001 birth year is eligible to compete on a Senior team

Open 17+years and Masters *** Team schedules and costs will be posted separately closer to September.

Multiple Levels offered, beginner to advanced, based on skill, experience and position. Athletes new to cheer may still be placed directly to a competitive team. Levels offered in the gym each season are based on the best fit for registered athletes in a given season.

Athletes work towards mastery of level appropriate skills in stunts, jumps, tumbling and dance according to score sheet and level specifications. Athletes work to master a routine in a supportive and driven team environment with the ultimate goal of competing against other teams of similar ages and levels.

Mandatory/Flexible* Summer Training (7 Classes) July 14-August 27, 2020
Main Season runs September 8th 2020-May 28th, 2021
Full Season Commitment Required. Practice schedule is finalized mid-summer.

Practice 1.5 hours 1 time per week July/August.
Practice 1.5-2 hours twice per week September-May.

Traditionally attend 4-5 mandatory competitions. Due to Covid, Please see Page 8 for details for the 2020/2021 season

Fees:

\$225 Program Fee

\$130 Summer Training

\$170 Routine Fee

Competition fees: TBD (See Page 8)

Monthly Tuition: Youth/Mini - \$100/Month

Monthly Tuition: Junior/Senior- \$115/Month

See Fee Schedule on Page 7 for payment schedule and breakdown.

Uniform Cost:

Youth/Mini – Bodysuit and Shorts - \$220

Senior/Junior – Bodysuit and Skirt - \$325

Bow - \$25

Used for 3 Years. Gently used uniforms available at end of September sale.

Athletes undergo a skill assessment or video tryout to be placed on level 2 or higher. Levels considered for this season include levels 1-4.



REGISTRATION PROCESS

Even an athlete who is brand new to the sport of cheer can join a competitive team. All athletes registering with us are guaranteed a spot on a team and through skill assessments coaches will help to determine which team will help your athlete achieve the most positive growth in the coming season. The following steps may be completed out of order.

Step 1: Read through this handbook. If you have ANY questions, please call our gym owner Nikki Parrotta at 250-681-3934. She will be happy to discuss our program and the best suited programs for your athlete!

Step 2: Go to www.okfirestormcheer.com and click the registration portal.

Step 3: Create your Jackrabbit profile for your family and athlete and select the age group and type of program you are registering for. (Recreational, competitive, prep, intermediate prep, novice etc). Competitive team athletes also must select summer training.

Step 4: Follow the payment schedule listed on the next page. Program fees must be received before final team placement will be confirmed.

Step 5: Competitive: Your athlete will be placed into a summer training session and from there will be grouped onto their competitive teams.

Prep: Athletes may attend summer training as an optional (not required for the prep program).

It is important to note that many of our age levels will fill quickly so registering as soon as possible is the best option for a correct team placement. We will accept registration at the end of summer only on teams where there is space and only for specific positions.

Summer Training: \$130 (July 14 to August 27, 7 classes – 1.5 hours each)

Summer training is Mandatory/Flexible for competitive athletes. Athletes are expected to be at training unless they are away on a legit vacation (please communicate to our office as soon as possible absence dates).

Upon return/prior to leaving, athletes are to arrange with the office additional training groups to attend to make up for the missed practices. PLEASE NOTE: Due to current Covid regulations, we are extremely limited on spare spaces in some summer groupings. We will do our best to accommodate, however we will be operating with limited flexibility compared to past seasons.

All registered athletes will be placed into pods for the summer. These pods will be grouped on a first come first served basis according to the skills the athlete is currently working on. Space in groups will be limited as we will be adhering to all social distancing and sport guidelines laid out by ViaSport and the BC Cheerleading Association. While Pods will be grouped based on current skills being practiced, they may NOT reflect teams or team placements for the season. Please note that the level of skills the athlete is working on during the summer does not automatically mean that is the level of team they will be placed onto for the season. Team groupings will be determined mid August and will be based on multiple factors highlighted earlier in this manual as well as the skills we see performed during summer training.

Athletes joining at a later date will be placed onto teams according to space and availability. This may or may not be the level of team they would have been placed on if attending summer training. Prep athletes may register to attend the specific summer skill building class Wednesday nights or summer camps.

Summer Training Schedule: Classes will run Tuesday, Wednesday and Thursday evenings. Traditionally level 2+ runs Tuesdays and Level 1 runs Wednesday, however, due to Covid limiting class sizes, we will be adjusting or expanding into Thursday based on registration numbers as we see need.



FEES AND PAYMENT SCHEDULE:

Due to Covid-19, Firestorm will be operating on an adjusted payment schedule to help breakdown large payments in an effort to alleviate the financial stress some of our families may be feeling. Fees that are usually a one time up front, are being broken down over multiple payments. As always, families may choose to pay the season up front to receive a discount on their tuition fees. Fees quoted below do not include competition fees, only a first competition deposit. Please see the following page for details regarding our proposed competition season.

All pricing below is based on a return to our regular schedule in September. Schedules and prices will be adjusted accordingly in the fall based on the guidance provided by the BC Cheerleading Association and Via Sport.

RECREATIONAL: \$200 (If an athlete attended the fall recreational session and wishes to attend the winter or spring session as well, the price of the additional sessions is \$170)	
\$100 due at time of Registration	<u>Included in Fees:</u> Cheer Canada & BCCA Membership, Athlete Insurance, T-shirt, 8 skill classes with certified instructors. Parent demo on final day.
\$100 due first day of class	

SCHOOL REC: \$250	<u>Included in Fees:</u> Cheer Canada & BCCA Membership, Athlete Insurance, T-shirt, 12 skill classes with certified instructors, basic choreography.
\$75 Due at time of registration (non-refundable)	
\$100 Due on or before first class September 21	<u>Not included:</u> Cheer shoes, additional tumbling classes
\$75 Due on or before October 15	

NOVICE, PREP, INTERMEDIATE PREP	<u>Included in Program Fee:</u> Cheer Canada and BCCA Membership, Athlete assessments, Insurance, Practice Shirt, Gym and Admin fees, Team bonding.
\$100 of Program Fee due at time of registration (non-refundable)	
If opting into Summer Training, \$130 is due on or before July 14, 2020	<u>Tuition:</u> Coaching and team operation costs based on practice hours for the year, evenly split over 9 months.
Balance \$100 of program fee and September tuition due on or before first practice.	
October and May tuition due October 1st, 2020	<u>Routine Fee:</u> Music Licensing, Choreography creation and adjustments, additional/extended practices to focus on routine blocking and learning instead of skill development.
November Tuition and Routine Fee due November 1, 2020	
Tuition Payments due the first of each month.	

FOR FAMILIES WISHING TO PAY THEIR SEASON IN FULL UP FRONT, A 10% DISCOUNT IS APPLIED TO THE TUITION PORTION OF THE FEES. BELOW WE HAVE INCLUDED THE SEASON TOTAL (FOR TAX OR FUNDRAISING PURPOSES) AS WELL AS THE DISCOUNTED TOTAL.		
NOVICE SEASON TOTAL: \$950	PREP SEASON TOTAL: \$1020	INT. PREP SEASON TOTAL: \$1045
NOVICE FULL SEASON UP FRONT: \$882.50	PREP FULL SEASON UP FRONT: \$948 (+\$130 if opting into Summer Training)	INT. PREP FULL SEASON UP FRONT: \$973 (+\$130 if opting into Summer Training)

COMPETITIVE	<u>Included in Program Fee:</u> Cheer Canada and BCCA Membership, Athlete assessments, Insurance, Practice wear, Gym and Admin fees, Team Bonding.
\$100 of Program Fee due at time of registration (non-refundable)	
\$130 Summer Training is due on or before July 15, 2020	<u>Tuition:</u> Coaching and team operation costs based on practice hours for the year, evenly split over 9 months.
Balance \$125 of program fee due August 15th 2020 to finalize team placement	
September and May tuition due September 11, 2020	<u>Routine Fee:</u> Music Licensing, Original choreography creation and adjustments, additional/extended practices to focus on routine blocking and learning instead of skill development, routine assessment and tweaking by industry professionals.
October Tuition and \$85 of Routine Fee due October 1, 2020	
November Tuition and \$85 of Routine Fee due November 1, 2020	
Tuition Payments due the first of each month.	

FOR FAMILIES WISHING TO PAY THEIR SEASON IN FULL UP FRONT, A 10% DISCOUNT IS APPLIED TO THE TUITION PORTION OF THE FEES. BELOW WE HAVE INCLUDED THE SEASON TOTAL (FOR TAX OR FUNDRAISING PURPOSES) AS WELL AS THE DISCOUNTED TOTAL IN BRACKETS.	
YOUTH/MINI SEASON TOTAL: \$1300 (\$1210)	JUNIOR/SENIOR SEASON TOTAL: \$1435 (\$1331.50)
Y/M WITH SUMMER TRAINING: \$1430 (\$1340)	J/S WITH SUMMER TRAINING: \$1565 (\$1461.50)

COMPETITION:

Okanagan Firestorm Cheerleading is a competitive cheer program. With that being said, safety is our number one priority given the current Covid-19 situation. While all BC competitions have currently confirmed their dates and event details, the event producers, and we the gym owners, are aware that circumstances could change at any time. Based on this, multiple contingency plans are being formed at all levels to ensure our athletes, families, and staffs safety is a key deciding factor.

At this time, we are setting our competition schedule based on a traditional season and an absolute best-case scenario. We have done this to ensure ease of planning and budgeting for parents, as well as for athletes and families joining the program to be aware of the usual commitments throughout the season. THIS DOES NOT MEAN WE ARE ATTENDING ALL OF THESE EVENTS THIS SEASON.

Competition Name	Location	Date	Teams Considered to Attend:
Mardi Parti	Richmond Olympic Oval	Feb. 20-21, 2021	Competitive
Feel the Power	PNE Forum	March 6, 2021	Competitive/Int.Prep
BC Cheerleading Championships	PNE Forum	March 7, 2021	Prep, Int.Prep, Comp
Sea to Sky Championships	Vancouver Convention Centre	April 9-11, 2021	Competitive
Okanagan Cheer Championships	TBD, Kelowna	Apr. 17 or May 1, 2021	All

Competition fees were not factored into our season fees and payment schedules as they are most years. In the fall, as we confirm that events are running, how they are running, and any adjustments in fees associated with the event, we will communicate to our teams to make a final decision regarding our participation. Once confirmed fees will be posted to athlete accounts. We will give at least 30 days notice before fees are charged.

If they cannot run as normal this season, competitions may run as a drive through style (team is assigned a competition time and ONLY that teams family members and the judges are allowed in the competition area during that time), or virtually (to name a few of the options). If competitions run as a drive through, we will look at the possibility of booking busses and bringing a limited number of teams to attend as a day trip. The Okanagan Cheer Championships in Kelowna is the only competition where we will guarantee our attendance at this time.

VIRTUAL COMPETITIONS: Firestorm is excited to embrace the possibility of virtual competitions. Several cheer companies outside of BC have already announced virtual leagues where teams can compete in a variety of divisions from the comfort of their own gyms. Some competitions will use submitted recordings of our routines while others will require the team to be in the gym at a set time for a live run. Athlete gifts, banners and more are still included for participants like at a regular competition. Awards are then announced during a live online broadcast on a separate day. Based on the growth of virtual options, as well as a desire to potentially limit travel costs for parents during a financially difficult time, we are looking forward to potentially competing more this year than ever before thanks to online competitions.

FEES: On a given year, most competitions range in price from \$40-\$110/athlete. Due to the uncertainty of the coming competition season, we cannot confirm exact amounts for our athletes until competitions are confirmed. To help parents set a budget, the following is a cost range for each type of program offered in our gym. The highest quoted price is taking into account all competitions AND virtual options we are currently considering (including filming costs) at regular athlete price.

NOVICE: \$50-\$70

PREP: \$80-\$120

INTERMEDIATE PREP: \$120-\$170

COMPETITIVE: \$325-\$450

ALL COMPETITIONS WE DETERMINE SAFE TO ATTEND ARE MANDATORY FOR ALL INDICATED TEAMS/ATHLETES.

All families of competitive team athletes will be asked to sign a contract confirming their child's participation and attendance at these events once they have been confirmed. Detailed packages regarding each competition, travel costs, parent responsibilities, athlete expectations and deadlines will be sent out along with the competition schedule and contract once we have confirmations.

Routine/Level Changes

Throughout the season coaches will be making changes to their teams for a variety of reasons. Athletes and parents should expect this and be prepared. These changes come in response to the mastery of new skills not currently worked into the routine, applying judge's feedback, rule adjustments/changes during the season or team dedication and work ethic. Coaches and management reserve the right to adjust a team's routine or competitive division during a season. This includes moving a team up or down a level.



Attendance:

Cheerleading is the ultimate "Team Sport" and a single athlete missing can halt the progress of an entire team. **Full team attendance is required for every practice.** Formations, stunts, pyramids and choreography cannot be completed or practiced without full attendance. The cheerleading season starts in July/September and goes until the END OF MAY. If the practice times/schedules for your child's age appropriate team conflict with other planned activities or you have any attendance concerns, please email us immediately or prior to the start of skill assessment. *Athletes committing to a Firestorm team must make that team their PRIORITY over other extra curriculars.*



Missed Practices:

If every athlete were to miss one practice, there could be as many as 32 practices in a season without full team attendance. We cannot do our job as coaches and successfully prepare the teams with the skills they will need, safely, if we cannot work with the **entire team. PRACTICES ARE MANDATORY.** Athletes who miss a practice or practices, especially during competition season, may be pulled from the routine at the discretion of the coach. Regular missed practices may see the athlete removed from their team entirely.

Injuries/Illness:

In the past we have asked athletes to still attend practice if they aren't feeling well, even if it is just to observe. This policy has been re-assessed and will not be enforced this season. If an athlete (or staff member) is feeling ill in any way (cough, fever, sore throat, vomiting, etc.) we require them to stay home. Athletes who arrive to the gym and exhibit any of these symptoms will be asked to leave immediately. Athletes must be symptom free for a minimum of 24 hours or have doctor permission before returning to the gym.

All illnesses need to be reported directly to the gym via a direct phone call or email. This is of the UTMOST importance for our records and for proper tracking within the gym.

If your athlete incurs an injury during the season (in the gym or at home) it must be communicated to the gym to ensure coaches do not have the athlete perform any skills that could aggravate the injury further. If an injury has occurred that limits the athletes ability to participate, they are still expected to attend practice (sitting at the side, or participating in what they can). If an injury keeps an athlete from participating in more than one practice, we MUST have a doctor's note to excuse their activity, as well as a doctor's note clearing them to participate again. It is your responsibility to ensure that your athlete is receiving appropriate medical care and that it is being communicated clearly and appropriately to our program.

Time Management:

Family members and athletes need to practice and understand time management. School should always be your first priority, however in registering for a team you are taking on the responsibility of time management to ensure homework is done in a timely fashion, grades are kept up and school work (homework, studying for tests) does not interfere with practice times! We believe strongly that all athletes are capable of performing well in school while keeping their commitment to their OK Firestorm team, but it is their responsibility to do so. The excuse “*I can’t come to practice because I have too much homework today or a big test to study for*” is not acceptable. School is your top priority, but don’t let your teammates down because of your lack of time management or poor study habits.

Vacations/Appointments:

Each team’s competition schedule will be set early in the fall to ensure plenty of time to make arrangements. Poor time management and scheduling effects the 15-30 people of a team and the staff, not just your child. If your athlete is going to participate in other sports, teams or activities, we require that they make Okanagan Firestorm their first priority. When there is a scheduling conflict it needs to be communicated to the team coach as soon as possible to come up with a solution that will not negatively affect the rest of the team. *If you foresee a large number of conflicts, you may want to look at a prep or recreational team.*

Regular Doctor and Dentist appointments must not conflict with the established schedule of events and practices.

We respectfully request that families avoid taking holidays during the competitive season November-April, with the exception of Christmas Break and Spring Break. Families and athletes choosing to take holidays during this time need to understand that absences may result in the athlete being placed in a new spot/choreography/and or stunts/and or formations upon their return. Teams will run practices in the most effective way possible when an athlete is missing, with coaches putting the needs of the team before the needs of the individual. This sometimes means removing the athlete from the routine for the coming competition. Please be aware of and respect this. **If an absence/trip absolutely cannot be avoided it must be approved by the front desk and the coach. PLEASE SUBMIT ALL VACATION/ABSENCE REQUESTS IN WRITING BY EMAIL A MINIMUM OF 2 WEEKS PRIOR TO THE ABSENCE.**

Removing an Athlete from a Routine:

Coaches and Management have the right to remove an athlete from a routine if they miss a practice or practices leading up to a competition or event. When an absence or injury occurs just before, during or after a competition, coaches will need to make adjustments to the routine accordingly. This may involve removing the athlete from the routine until it is deemed appropriate by coaches or doctor’s to return. Understandably the athlete may not return to their previous role/spot in the routine in order to keep transitions and changes simplest for the entire team.

At any time during the season if an athlete is regularly missing practices, exhibiting a negative behaviour, or not keeping up with skills, they may be removed from a team and placed on a team with a lower commitment requirement or excused from the program completely. There are multiple teams and over 100 athletes participating in the Firestorm program, specific spots on teams are a privilege that needs to be constantly earned. For more details of athlete consequences/removal, please see the rules section at the end of this package.



FUNDRAISING OPPORTUNITIES

It is understood that the financial responsibility for uniforms, training, competition, travel and other items and events associated with Okanagan Firestorm Cheerleading are the sole responsibility of the athlete and their parents/guardians.

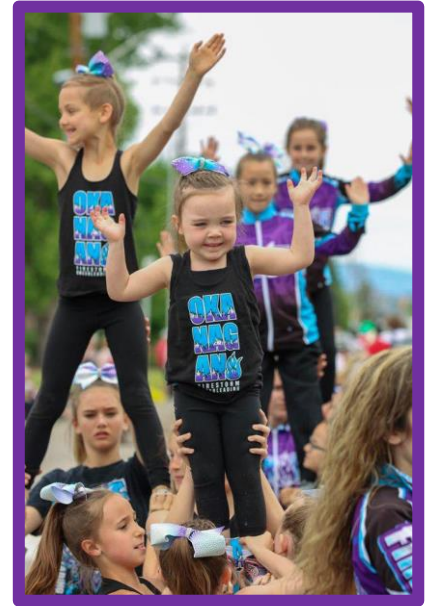
To help offset these costs, athletes and families will be given several opportunities throughout the year to fundraise some of these costs. Families who are VERY active in fundraising efforts may manage to raise \$200-\$800+ each year to help offset these costs. Dates and Fundraisers will be confirmed ASAP. ***If you have any concerns regarding the financial dedication required to be part of the program, please contact Nikki for more information and options.***

For those families needing additional financial support, Jumpstart, Athletics 4 Kids (A4K) and Kidsport funding can be applied for. Please speak with Nikki or Jenn for details.

FACILITY AND PRACTICE GUIDELINES

All athletes are expected to arrive on time for practice wearing appropriate practice clothing, including appropriate SHOES. A \$10 rental fee will be applied to the athletes account each time the gym needs to loan them shoes. Athletes should be in a T-shirt or Wide strapped tank top (no spaghetti straps), close fitting shorts or capri leggings and their midriff must be covered. If appropriate clothing is not worn the gym will provide it and bill it to your account. Hair should be tied back off the face and jewelry should be removed. Athletes are also instructed to bring their own water.

No gum is allowed in the gym. All garbage should be put away before the athlete leaves the premises. All lost and found items will be kept in the designated lost and found area for 2 months. After that they will be donated to a local charity. Okanagan Firestorm Cheerleading is not responsible for any lost or missing items.



Misuse or lack of respect for the gym or any of its equipment or areas is grounds for immediate dismissal. This includes by guests of athletes and siblings/family members. Absolutely no equipment may be used without a staff member present. Our family viewing area is a positive place and needs to be kept that way by all guests of our building.

Athletes are to ALWAYS wait inside the building for parent pick up. Okanagan Firestorm Cheerleading will not be responsible for your athlete once he/she has left the building.

ATHLETE SEPERATION:

Removing an athlete at any time once the season has started has large implications for the entire team. If concerns ever arise, please schedule a meeting with Nikki via the front desk as soon as possible to discuss and find possible alternatives for the athlete. In the event termination must be made any time after October 1st, all outstanding fees as well as one month additional tuition will be directly charged to the credit card on file.

PAYMENTS AND REFUNDS:

Due to Covid-19, we are in the process of adjusting our refund policies. Please see the Policy and Procedure Manual that will be released shortly for our full refund, and operation policies and updates.