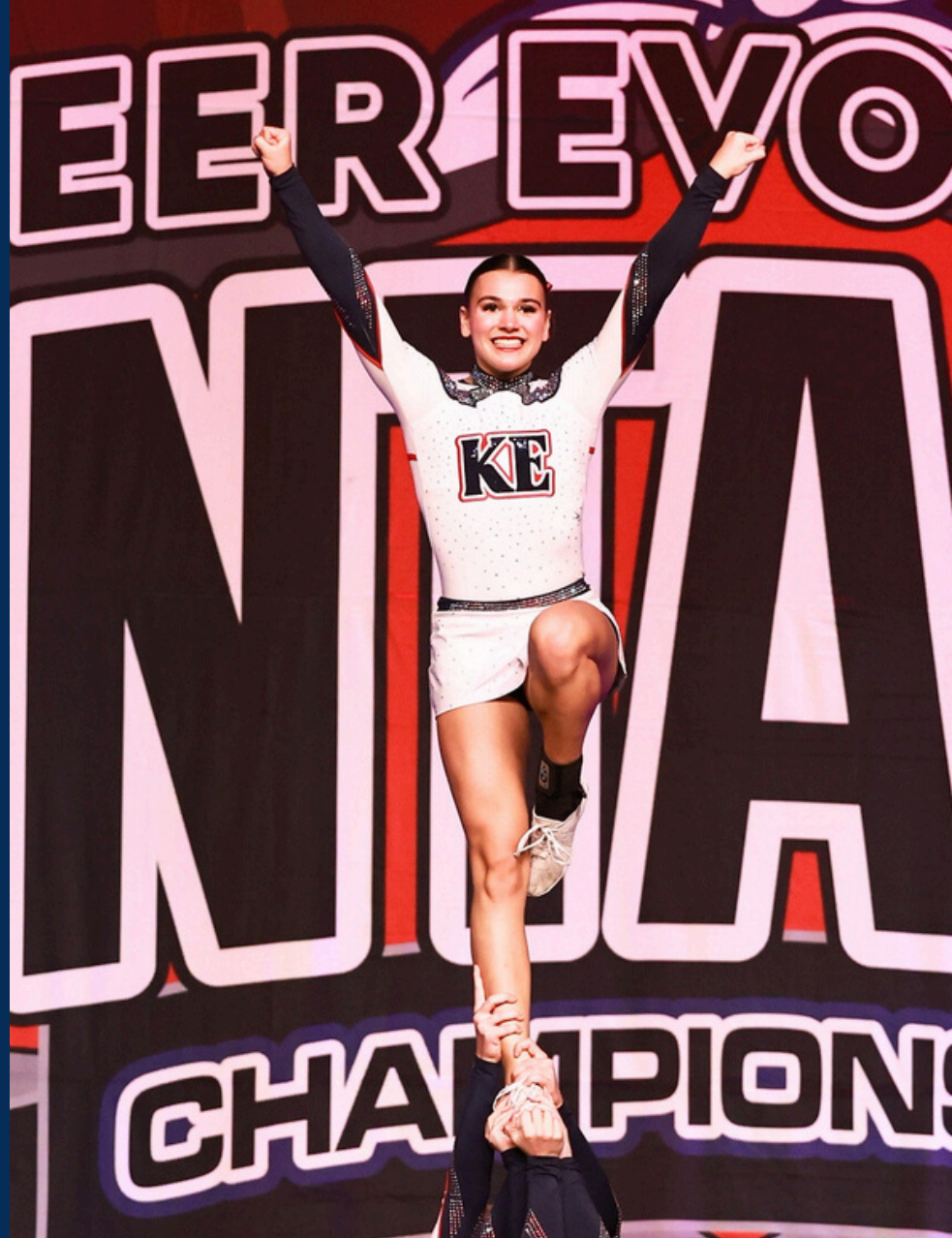


2026-2027
Competitive Teams



KINGSTON ELITE



Season 22
TEAM PLACEMENTS

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WELCOME TO KINGSTON ELITE!

Thank you for your interest in Kingston Elite! On behalf of our outstanding coaching staff, and the families already training with us, we welcome you and encourage you to join us for our 22nd season!

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

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

WHY CHOOSE KE?

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



THE KE GYM

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

We have everything you need to become a world-class athlete:

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

TEAM PLACEMENTS: IMPORTANT INFORMATION

Athletes currently on a KE Prep/Novice or All-star team do not need to attend new member tryouts. Athletes will be given a chance to showcase new tumbling skills at an additional practice after the final competition of their season.

ALL OTHER ATHLETES who wish to be part of the competitive Novice, Prep, Prep Elite, or All-Star programs must attend a tryout session. A fee of \$20+HST must be processed before arrival. Please visit www.kingstonelitecheer.com/competitive-teams for more information and to register.

New Member Assessment Dates:

Monday May 4, 2026

5:00-6:15 pm – Athletes born 2021-2022

6:45-8:00 pm – Athletes born 2017-2018

Tuesday May 5, 2026

5:00-6:15 pm – Athletes born 2019-2020

6:45-8:00 pm – Athletes born in 2014, 2015 or 2016

8:15-9:30 pm - Athletes born in 2013 or earlier

Wednesday May 6, 2026

5:00-6:15 pm – Any age - if you cannot attend the time listed above, this is the only other option to be assessed. Some athletes may be asked to attend this tryout in addition to the one listed above if we feel like we need see them again to have a more thorough evaluation.

Stunt Assessments:

May 10-14, 2026 - All returning competitive members, as well as successful candidates from new member assessments, will be asked to attend stunt assessment training.

Stunt assessments will give us an opportunity to place athletes of similar age/skill together to better evaluate stunt capabilities and ensure we are selecting appropriate teams for each athlete. **Teams will not be determined until AFTER stunt assessments have been completed.** Some athletes may be asked to attend multiple stunt assessment slots.

The dates/times of stunt assessments are TBD based on the results from new member tryouts.

World's Tryouts – All athletes hoping to be considered for a World's team for the 2026-2027 season must attend the World's tryout. The World's tryout will be **Friday May 8, 2026 from 6:30-8:30 pm** and there is no fee for this tryout.

Athletes should meet the following criteria to attend:

- 1) Athletes must be born in 2013 or earlier
- 2) Athletes are suggested to have either Level 5+ tumbling skills or Level 4+ stunting experience
- 3) Athletes must be extremely dedicated and be prepared to travel to Florida in April 2027 for World Championships.

TEAM PLACEMENTS: IMPORTANT INFORMATION - continued

KEY DATES:

- Team rosters will be announced on **Monday May 18, 2026** and mandatory information sessions will be held **Tuesday May 19, 2026**.
- Registration for Season 22 will be held **May 20-22, 2026** where athletes will be sized for their uniforms, submit forms, order clothing, provide payment plans, etc.
- The competitive season begins on **May 24, 2026**. Training continues through the summer and school year until the week following our last competition.

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

- Athletes born in 2022 or earlier will be placed on a Novice, Prep, Prep Elite, All-Star team, or recommended to take a recreational class.
- No cheerleading experience is necessary to attend Team Placements.

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

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

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

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





NOVICE & PREP TEAMS

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

- As an introduction to competitive cheerleading
- A stepping-stone between recreational and all-star programs
- Allows athletes with limited financial resources to participate
- Less commitment to training time per week

NEW PREP ELITE TEAMS

Prep Elite teams are designed to bridge the gap between Prep and Allstar teams. These teams will run similarly to regular Prep teams but will practice 2 days per week instead of only once.

Comparison between programs:

	NOVICE and PREP	PREP ELITE	ALL-STAR	WORLDS
PRACTICES	One per week	Two per week	Two per week	Two-Three per week
UNIFORM	Female - Long Sleeve and Skort with some detailing Male – Short sleeve top with some detailing and shorts		Female - Bodysuit and Skort with excessive detailing Male – Shorts sleeve top with excessive detailing and pants	Custom "Empire" uniform - shortsleeved bodysuit and skort with excessive detailing
UNIFORM COST	\$225		\$580	\$500
PERFORMANCES	Showcase (Oshawa) + 3 competitions (1 Kingston + 2 Travel)		Showcase (Oshawa) + 6 competitions (1 Kingston + 5 Travel)	Showcase (Oshawa) + 3-5 Ontario competitions + World Championships (Orlando)
COMPETITION FEES	\$300		\$650	\$600
LENGTH OF SEASON	May 24, 2026 - March 14, 2027		May 24, 2026 - April 15, 2027	May 24, 2026 - April 27, 2027
END OF SEASON BANQUET	None		Yes	
REQUIRED ITEMS	Bow and Lipstick		Bow, KE Backpack, Make-up Kit, Lipstick, KE approved white cheer shoes	



TEAM PRACTICES

Team practices are **mandatory** throughout the competitive season. Parents are urged to avoid booking vacations during training and blackout dates. **All-Star teams have mandatory choreography workshops June 13-15, 2026 and August 21-September 1, 2026.** Teams will be given blocks of training time within these windows. The schedule for choreo will be finalized after teams have been made. Poor attendance will affect the athlete's involvement in the routine. This is for the sake of their safety and the safety of their teammates.

Events such as birthday parties, concerts, sleepovers, and other sports are not acceptable reasons for missing practices. If you are unable to make this commitment, perhaps competitive cheerleading is not the best sport for your athlete.

Summer practices

For the months of July/August, all-star teams drop down to only 1 practice per week. We understand that families may have vacations planned during the Summer months. Please do your best to limit the amount of practices your athlete has to miss. Cheerleading is unlike any other sport, in that when 1 person is missing we don't have someone else we can easily sub into their spot. That means their entire group is unable to stunt when your athlete isn't there.

All-Star Blackout Dates

While ALL practices are mandatory, the **final 6 practices** leading up to any competition are critical for full team attendance. If an athlete misses a practice during a black out date, their role in the routine for that competition may be affected/replaced by another athlete.

	# of Practice/week	Length of practice
NOVICE	1	1.5-2 hours
PREP	1	1.5-2 hours
PREP ELITE	2	1.25-1.5 hours
ALLSTAR LEVELS 1, 2, and NT	2	2 hours
ALLSTAR LEVELS 3+	2	2.5 hours
WORLDS	2-3	2-2.5 hours

Practice days/time will be finalized following team placements



AGE GRID 2026-2027

The following table outlines age eligibility for teams:

CHEER DIVISIONS	BIRTH YEAR	AGES
U6	2020-2022	4-6 years
U8	2018-2022	4-8 years
U12	2014-2019	8-12 years
U16	2010-2015	12-16 years
U18	2008-2013	14-18 years
OPEN	2011 or earlier	15+ years
LEVEL 7	2010 or earlier	16+ years

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



YEARLY TUITION AND FEES

A non-refundable yearly **membership fee of \$250 + HST** is due upon joining a team. This includes insurance, music fees, choreography, ENTANDEM licensing fees, a Season 22 team t-shirt, and pair of team shorts.

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

- Competition uniform (top and bottoms)
- Competition hair bow
- Lipstick

In addition, allstar athletes must also purchase:

- Make-up kit
- Cheerleading shoes
- Team backpack

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

TEAM	COMPETITIVE MEMBERSHIP FEE	YEARLY TUITION	COMPETITION REGISTRATION FEES	UNIFORM FEES	YEARLY TOTAL	*OTHER FEES
1.5 hour PREP and NOVICE	\$282.50	\$988.75	\$300	Uniform - \$225 Bow - \$30	\$1,826.25	Lipstick - \$15 Cheer shoes - any plain white cheer shoes
2 hour PREP and NOVICE	\$282.50	\$1,101.75	\$300	Uniform - \$225 Bow - \$30	\$1,939.25	Lipstick - \$15 Cheer shoes - any plain white cheer shoes
PREP ELITE	\$282.50	\$1,187	\$300	Uniform - \$225 Bow - \$30	\$2,024.00	Lipstick - \$15 Cheer shoes - any plain white cheer shoes
ALLSTAR Levels 1, 2 and NT	\$282.50	\$2,113.10	\$650	Uniform - \$580 Bow - \$30	\$3,655.60	Make-up - \$50 Backpack - \$60-210 Cheer Shoes - \$150-200
ALLSTAR Levels 3+	\$282.50	\$2,367.35	\$650	Uniform - \$580 Bow - \$30	\$3,909.85	Make-up - \$50 Bow - \$30 Cheer Shoes - \$150-200
WORLDS	\$282.50	\$2,367.35	**\$600	Uniform - \$500 Bow - \$30	\$3,779.85	Make-up \$50 Bow - \$30 Cheer Shoes - \$150-200

HST INCLUDED IN PRICES ABOVE

*Additional fees for athletes who do not own these items already

**Does not include registration fees for World Championships

FUNDRAISING: KE offers multiple optional fundraisers throughout the year to help offset the cost of competitive cheer.



YEARLY TUITION AND FEES - continued

Payment Options:

Competitive Membership fee will be due at registration. Clothing Order fees (any additional gear required) are not included in payment options – these fees will be due when order forms are handed in.

1) Upfront payment – receive 1 month discount if you pay upfront!

*If you are planning on fundraising, any fundraising will be added as a credit to your account, you will not be reimbursed for payments already made

2) Quarterly payment – 4 equal payments (May, Aug, Nov, Feb)

3) Monthly payments – Allstar – 11 payments (May-Mar)

Prep/Novice – 10 monthly payments (May-Feb)

- Payments will be processed on the 20th of each month (with the exception of the May payment which will be processed after registration has been completed on May 31, 2026).
- Payments are accepted by Visa, MasterCard, or Visa/MasterCard Debit.

Crossover Fees:

Crossovers are athletes who are selected to be on two KE teams in Season 22.

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

College & University Students:

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

Sibling Discount:

We recognize that competitive cheerleading can be expensive, especially for families with multiple athletes in the program. We are excited to offer a **50% discount off tuition for siblings** who reside in the same house. The discount will be applied to the lesser tuition amount.

**Families are only eligible for either the sibling or the post-secondary discount. For example, if you have 1 athlete in University and 1 younger athlete enrolled, you would receive the discount that gives you the most savings but not both.



COMPETITION SCHEDULE

Below is a tentative competition schedule for each team. Dates and events are subject to change.

All-Star teams will be vying for an invitation to the Canadian Finals that will take place in April 2026.

COMPETITIONS	PREP/NOVICE	ALLSTAR	WORLDS
Showcase (Oshawa) Nov Date TBD	✓	✓	✓
Cheer for the Cure (Mississauga) Nov 27-29, 2026		✓	✓
Montreal Mayhem (Montreal) Dec 12-13, 2026		✓	
Big East Blast (Ottawa) Jan 23, 2027	✓	✓	
Big East Showdown (Ottawa) Jan 24, 2027		✓	
Canadian Cheer Ontario Championships (Kitchener) Feb 12-14, 2027		✓	✓
Beast of the East (Kingston) Date TBD (Feb 7 or Feb 28)	✓	✓	✓
OCF Provincials (Brampton) March 6-7, 2027	✓		✓
Canadian Cheer National Championships (Mississauga) April 9-12, 2027		✓	✓
IASF World Championships (Orlando, FL) April 23-26, 2027			✓

We will not be offering NCA Travel Teams for Season 22

FREQUENTLY ASKED QUESTIONS

Does everyone make a team?

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

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

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

I am worried about being able to afford competitive cheerleading, what should I do?

Please visit our website <https://kingstonelitecheer.com/athlete-assistance> for information on our Athlete Assistance Program. Athletes enrolled in our Allstar/Worlds programs are also eligible for our Sponsorship Program. Information on the Sponsorship program will be handed out at registration.

How do I know which team I made?

Team Reveal Day will be held on **Monday May 18, 2026**.

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

Attend the mandatory pre-season Zoom meeting for your team (**May 19, 2026**). After you learn of all the expectations and policies, you then come to Registration (**May 20-22, 2026**) to sign up for your payment option, get sized for your practice clothes and uniform, and to order optional clothing.

When do practices start?

Sunday May 24, 2026 is the first day of Season 22!

Should I take a tumbling class?

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

Can I purchase a used uniform?

No, Season 22 will debut a brand NEW uniform!

What if I outgrow my new uniform?

Once a uniform piece is sold, we do not offer exchanges for different sizes. We recommend everyone order a size that allows some room to grow, within reason.

I have more questions. Who should I contact?

Laura King will answer any other questions you might have. You can reach her at info@kingstonelitecheer.com or call **343-580-8422**.



WE LOOK FORWARD TO CHEERING WITH YOU SOON!

www.kingstonelitecheer.com

Questions? Reach us by:

Email: info@kingstonelitecheer.com

Phone: 343-580-8422

Social Media:

Facebook: **Kingston Elite All-Star Cheerleading**

Instagram: **@kingstonelitecheer**