

2025-2026 Competitive Teams



KINGSTON ELITE



**Season 21
TEAM PLACEMENTS**

www.kingstonelitecheer.com

info@kingstonelitecheer.com

343-580-8422

7B - 785 Sir John A. MacDonald Blvd., Kingston, ON



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 21st 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 range from beginner to 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
- 20 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.

Our beautiful home is one of few in Ontario, and the only one in Kingston, which boasts high ceilings and obstruction free-sprung floors. 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, 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 5, 2025

5:00-6:15 pm – Athletes born 2020-2021

6:45-8:00 pm – Athletes born 2016-2017

Tuesday May 6, 2025

5:00-6:15 pm – Athletes born 2018-2019

6:45-8:00 pm – Athletes born in 2013, 2014 or 2015

8:15-9:30 pm - Athletes born in 2012 or earlier

Wednesday May 7, 2025

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 11-15, 2025

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 2025-2026 season must attend the World's tryout. The World's tryout will be **Friday May 9, 2025 from 6:30-8:30 pm** and there is no fee for this tryout.

Athletes must meet the following criteria to attend:

- 1) Athletes must be born in 2012 or earlier
- 2) Athletes must 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 2026 for World Championships.

TEAM PLACEMENTS: IMPORTANT INFORMATION - continued

KEY DATES:

- Team rosters will be announced on **Monday May 19, 2025** and mandatory information sessions will be held **Tuesday May 20, 2025**.
- Registration for Season 21 will be held **May 21-23, 2025** where athletes will be sized for their uniforms, submit forms, order clothing, provide payment plans, etc.
- The competitive season begins on **May 25, 2025**. 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 2021 or earlier will be placed on a Novice, Prep, or All-Star team, or recommended to take a recreational class.
- No cheerleading experience is necessary for any team.

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 than coaches will make 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 entry-level 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

Comparison between programs:

	Prep/Novice Teams	All-Star Teams	World's Team
Practices	1.5 to 2 hours once per week	2 to 2.5 hours twice per week	3 practices per week
Uniform style	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	Female - Bodysuit and Skort with excessive detailing Male – Shorts sleeve top with excessive detailing and pants
Uniform cost	\$200	Female - \$555 Male –\$420	Female - \$555 Male –\$420
Competitions	2 competitions within 4 hours of Kingston	5 competitions within 4 hours of Kingston	4-5 competitions within 4 hours of Kingston + Worlds in Orlando, FL
Competition fees	\$200	\$640 per athlete	\$640 per athlete (not including World's fees)
Length of Season	May 25, 2025 - March 1, 2026	May 25, 2025 - April 20, 2026	May 25, 2025 - April 27, 2026
Athletic Banquet	none	yes	yes
Boys and girls welcome?	yes	yes	yes
Beginners welcome?	yes	yes	Level 4 stunting experience or Level 5+ tumbling required
Membership fee	\$250+HST which includes a practice shirt & shorts	\$250+HST which includes a practice shirt & shorts	\$250+HST which includes a practice shirt & shorts
Additional gear required	Hair bow	Hair bow, backpack, make up kit, cheerleading shoes	Hair bow, backpack, make up kit, cheerleading 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 24-26, 2025 and August 19-29, 2025.** 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. Teams will be either co-ed or all-girl depending on results of tryouts.

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.

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

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.

Team Type	# Of Hours per practice	Practice Days
Novice/Prep	1.5-2 hrs x 1 practice	TBD
AS Levels 1&2, NT	2 hrs x 2 practices	TBD
AS Levels 3-7	2.5 hrs x 2 practices	TBD
Worlds	2.5 hrs x 1 practice + 2 hours x 2 practices	TBD

Practice days/time will be finalized following team placements



AGE GRID 2025-2026

The following table outlines age eligibility for teams:

CHEER DIVISIONS	BIRTH YEARS	AGES
U6	2019-2021	4-6 years
U8	2017-2021	4-8 years
U12	2013-2018	8-12 years
U16	2009-2014	12-16 years
U18	2007-2012	14-18 years
Open	2010 or earlier	15 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 21 team t-shirt and pair of team shorts. A **sibling discount of \$50 per child** within the same immediately family is applicable towards the membership fee.

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

- Competition uniform (top and bottoms)
- Cheerleading shoes*
- Team backpack*

In addition, female athletes must also purchase:

- Make-up kit*
- Competition hair bow
- Lipstick

***Denotes that these items are not part of Novice or Prep team fees**

Returning athletes do not need to purchase a warm up suit, 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 (due at registration)	Total Tuition	Competition Registration Fees	Total	*Uniform Fees	*Other Fees
All-star Teams Levels 1 and 2, 3NT	\$250 + HST	\$1815 + HST	\$640 (tax included)	\$2,973.45	Female - \$555 Male - \$420 Bow - \$30	Backpack - \$55-\$200 Cheer Shoes - \$150-\$200 Make-up - \$50
All-star Teams Levels 3 to 7	\$250 + HST	\$2035 + HST		\$3,222.05		
World's Team	\$250 + HST	\$2090 + HST	\$640** (tax included)	\$3,284.20		
2 hr Prep/Novice Teams	\$250 + HST	\$950 + HST	\$200 (tax included)	\$1,556.00	Uniform - \$200 Bow - \$30	Lipstick - \$15 Cheer Shoes – can purchase any plain white running shoe
1.5 hr Prep/Novice Teams	\$250 + HST	\$850 + HST	\$200 (tax included)	\$1,443.00		

*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 and Clothing Order fees (any additional gear required) are not included in payment options – these fees will be due at registration.

- 1) Upfront payment – receive 1 month discount if you pay upfront!
Not recommended for parents planning on participating in fundraising
- 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 28, 2025).
- Payments are accepted by Visa, MasterCard, pre-authorized banking, or cash.

Crossover Fees:

Crossovers are athletes who are selected to be on two KE teams in Season 21.

- 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 announce 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.**

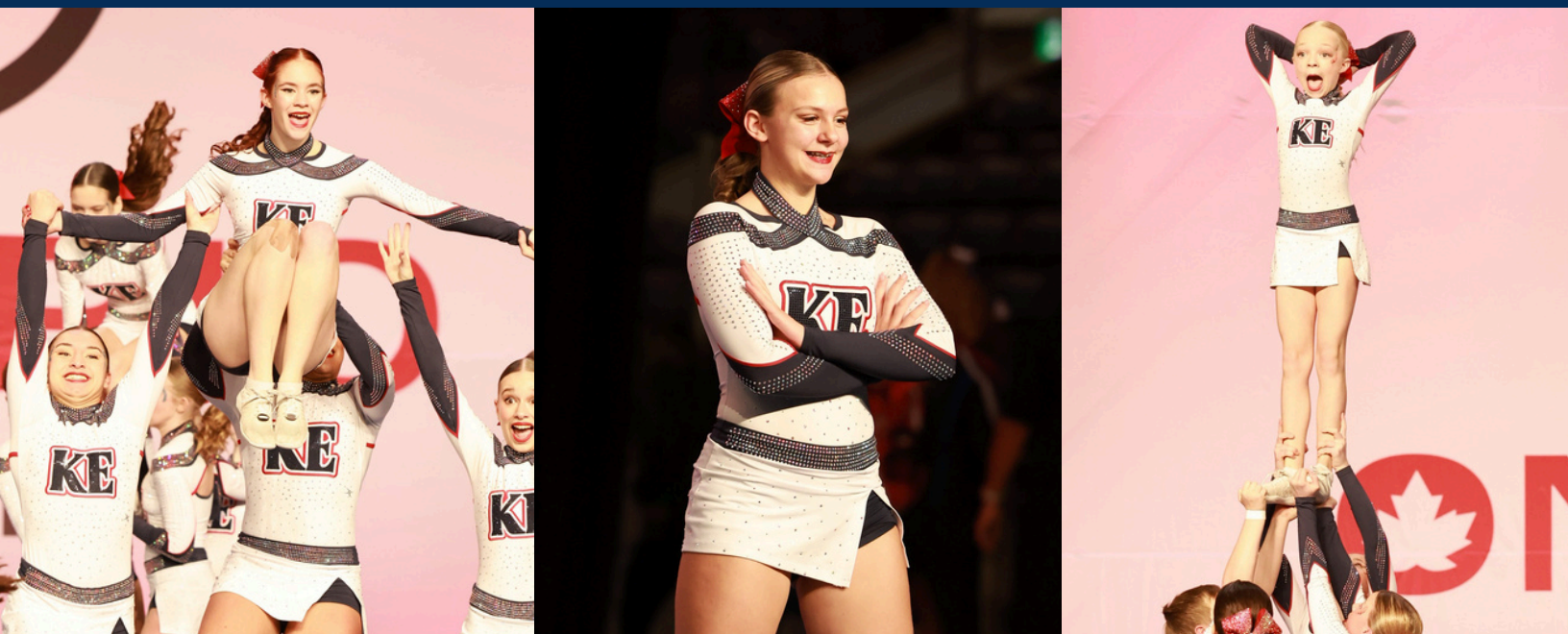


COMPETITION SCHEDULE

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 on that will take place in April 2026.

Competitions	World's Team	All-Star Teams	Prep/Novice Teams
Cheer for the Cure (Oshawa) December 5-7, 2025	★ 2-day competition	★ single day competition	
Big East Blast (Ottawa) January 24, 2026		★ single day competition	★ single day competition
Big East Showdown (Ottawa) January 25, 2026		★ single day competition	
Cheer Evolution Ontario Championships (Kitchener) February 13-15, 2026	★ 2-day competition	★ 2-day competition	
Beast of the East (Kingston) February 22, 2026	★ single day competition	★ single day competition	★ single day competition
Additional Bid Competition - TBD	★		
Cheer Evolution National Championships (Mississauga) April 10-13, 2026	★ 2-day competition	★ 2-day competition	
Cheerleading World Championships (Orlando, FL) April 24-27, 2026	★		



****NEW** TRAVEL TEAMS**

KE will be looking to field one or more travel teams for Season 21! These teams will only be offered if there is enough interest. Please see below for the requirements for these potential teams. Travel teams will only practice 1 day per week.

Levels 1-4:

- Must be born in 2014 or earlier
- Must also be on a KE Allstar team
- Must be willing to be on any level team (athletes on a level 3-4 Allstar team may be placed on a level 1-2 Travel team)

Level 7:

- Must be born in 2009 or earlier
- Must have level 5+ stunting experience

Competitions:

The travel teams will attend 1 major US based competition (UCA Nationals in Florida, NCA Nationals in Texas, etc.) and may also attend another competition within driving distance if the schedule allows. The USA competition dates for 2026 have not been set yet so the competitions are TBD. Athletes would require at least 1 adult to travel with them for competitions.

Fees:

Tuition - \$35 + HST per month

Choreography and Music Fee - \$250 + HST

Competition and Travel Fees - TBD - approximately \$1800-\$2500 per person

More info will be released if there is enough interest to run these teams

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 19, 2025**.

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

Attend the mandatory pre-season Zoom meeting for your team (**May 20, 2025**). After you learn of all the expectations and policies, you then come to Registration (**May 21-23, 2025**) 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 25, 2025 is the first day of Season 21!

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?

Season 21 will use the same uniform as Season 20, therefore there may be some used uniforms for sale!

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 larger 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**

