

## TEAM BC 2025/2026 ATHLETE INFO

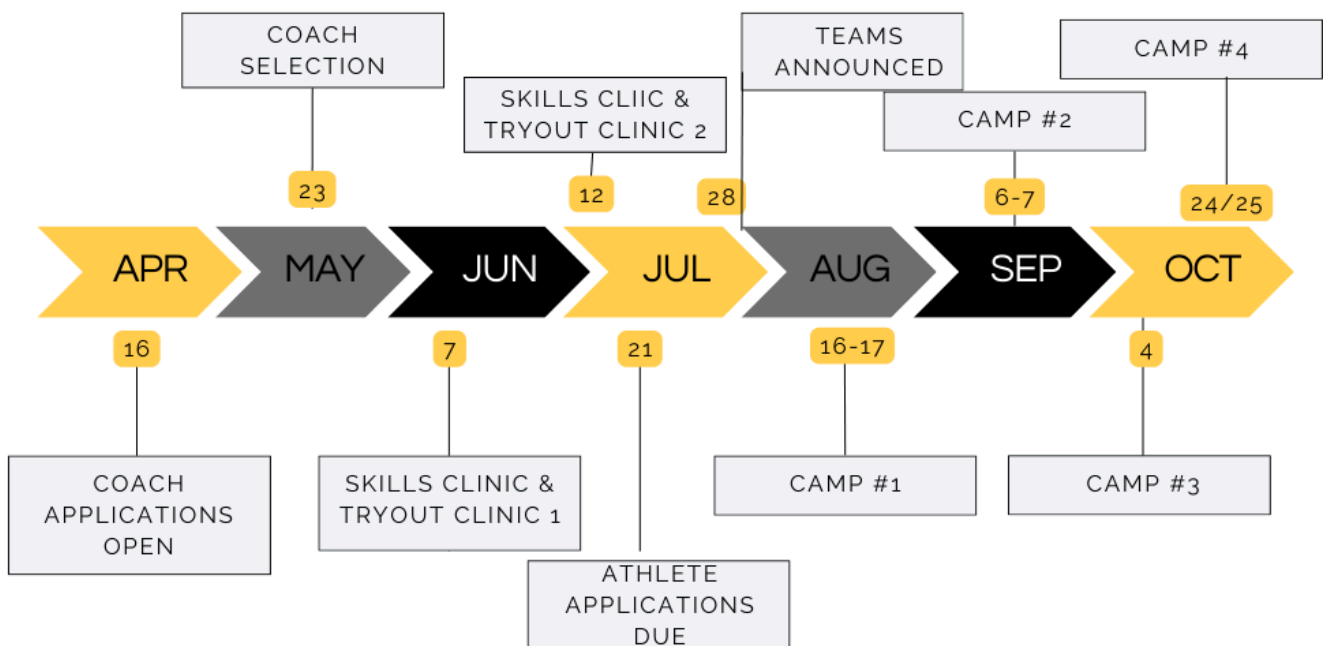
### Introduction:

To support athletic opportunities and community, BC Sport Cheer is proud to announce the information for Team BC 2025-2026. We welcome applications for athletes to take part in this team that will compete provincially and nationally.

Please read over this document in FULL before applying. Questions regarding Team BC or the tryout process can be directed to [info@bcsportcheer.ca](mailto:info@bcsportcheer.ca).

### Timeline:

The 2025-2026 season will look a little different than previous years. Below is a timeline of the next six months:



Athletes can apply for Team BC once they have attended a Team BC Tryout, no later than **July 21st**. Teams will be decided and announced on **July 28th**.

Between July 28th and the first camp on August 16th, Team BC athletes and parents will be asked to attend an information session via Zoom to understand a bit more about what to expect and ask questions. Prior to attending the first camp, Team BC Athletes and parents will be asked to sign a contract.

Multiple in-person training camp weekends will take place in BC throughout the season.

Athletes and coaches will have virtual commitments in addition to in-person training camps. In addition to the dates below, coaches may select up to three additional training weekends, or weekend practices prior to events. Every effort will be made to accommodate athletes home team training schedules; however, please communicate with your home gyms as soon as possible to ensure we are able to avoid conflict when planning additional dates.

## Preparing for Tryout Clinics

1. Assemble a stunt group of four people in the same age group consisting of one top person, one backspot and two bases.
2. Fill out the sign-up form for tryouts
3. Review the skills list below to ensure that you have the necessary skills for each level.

### Considerations:

Before applying, please make sure all members of your group meet the following criteria:

1. Are registered BCSC members (registered in Sport Lomo)
2. All members of your stunt group are age-eligible:
  - Youth (12-14 years) Birth years: 2014-2011
  - Junior (15-18) Birth years: 2011-2007
3. Can make all of the listed commitments:
  - August 15/16/17: Team Practice 1 + Team Bonding event (Kamloops)
  - Sept 6/7: Team Practice 2 (Abbotsford)
  - Oct 4: Team practice 3 (TBA)
  - Oct 24/25: Team practice 4 (province wide pro-d on Friday) (Langley)
  - Nov 8/9: Team practice 5 (TBA)
  - Dec 12: Team practice 6 (night before Pink) (Richmond)
  - Jan 3: Team practice 7 (TBA)
  - Feb 26: Team practice 8 (before Provincials) (Abbotsford)
  - Additional practices if selected for International Opportunity to be added
  - Pink Cheerleading Championships December 13-14, Richmond Oval
  - Canadian Cheerleading Championships December 2025 - this opportunity would be a virtual competition.
  - BC Provincials Feb 27-March 1, Tradex Abbotsford
  - *Tentative:* International Opportunity. If the team is selected to represent Canada at an International Opportunity, there will be additional practices and additional time commitments. Decision would be as a result of Canadian Cheerleading Championships.
4. Have parent and coach support to apply
5. Train, and film video with supervision of a certified coach
6. Are currently training, or will be training on an All Star or Scholastic team in BC in 2025/2026 (confirmation to be provided by supervising coach)

### Video Submission:

Each group is asked to submit ONE skills video.

Videos should:

- only include those applying to the team (i.e. please do not send videos of a flyer doing a skill on a different base group),
- include a quick introduction of each group member and position (i.e. Hi, my name is Susie Smith, and I am a main base), and
- clearly demonstrate each of the skills in the Skills List below. ***Stunts must be filmed all in one unedited video.*** If a mistake occurs during filming, reset the stunt and do it again immediately. Tumbling can be filmed in separate video clips.

### Skills List:

Youth Median (level 3, 12-14 years old)	Junior Advanced (level 4, 15-18 years old)
<b>Baskets:</b> <ul style="list-style-type: none"> <li>• Full Twist</li> <li>• 1 other basket of your choice</li> </ul>	<b>Baskets:</b> <ul style="list-style-type: none"> <li>• Kick Full Basket</li> <li>• 1 other basket of your choice</li> </ul>
<b>Stunts:</b> <ul style="list-style-type: none"> <li>• Switch up to body position at prep level, press to extension, full twist dismount from 2 foot extension</li> <li>• Half up to extended liberty, straight cradle dismount</li> <li>• Full twisting tic toc to liberty position at prep level OR 360 (prefer a grip other than ruby slipper)</li> <li>• Extended Lib or full up to prep lib as a two man (one base and backspot)</li> <li>• Inversion to prep level (your choice). At prep level, please demonstrate all body positions you are comfortable with.</li> </ul>	<b>Stunts:</b> <ul style="list-style-type: none"> <li>• Switch up to body position at extended level, full twist dismount</li> <li>• 1 1/2 twisting transition to prep level body position, bump down (prefer a grip other than ruby slipper)</li> <li>• Full up to liberty, switch down to prep level single leg stunt, prep double down dismount</li> <li>• Inversion to extended level (back handspring up, hand in hand, etc), pancake dismount</li> <li>• 1 other stunt of your choice. Please also demonstrate all body positions you are comfortable with.</li> </ul>
<b>Jumps/Tumbling:</b> <ul style="list-style-type: none"> <li>• Single Toe Touch</li> <li>• Series back handspring</li> <li>• Roundoff back handspring back tuck</li> <li>• Specialty passes ending in a tuck</li> </ul>	<b>Jumps/Tumbling:</b> <ul style="list-style-type: none"> <li>• Single Toe Touch</li> <li>• Standing tuck</li> <li>• Two back handsprings to Tuck</li> <li>• Roundoff back handspring layout</li> <li>• Specialty passes ending in a layout</li> </ul>

### Application Information:

Before you fill out the application form, please prepare the following information:

1. Discuss your plan with your program director/gym owner.
2. Find a supervising coach who will oversee your training.
3. Film your YouTube video as "unlisted"
4. Gather each group member's:
  - a. name,
  - b. birthdate,
  - c. contact information,
  - d. sport lomo number,
  - e. tank top size
  - f. parent/guardians full name
  - g. parent/guardian's email address
  - h. passport status
5. Your supervising coach's:
  - a. name
  - b. email address

## Athlete Info:

To encourage participation from all of BC, an effort to select groups from various programs will be made, permitting all applicants meet eligibility and skill requirements. The board reserves the right to make final decisions based on team composition to ensure representation goals are achieved.

Team BC Athletes must actively train on an all star or scholastic team in addition to training for Team BC. This will ensure athletes have consistent coach supervision and maintain the athleticism necessary for the minimal training that the team does together throughout the year.

## Costs:

BC Sport Cheer is proud to sponsor a portion of this team. However, there is a flat fee of \$850 for all NEW Team BC members. This cost goes towards Team BC gear, music, choreography, local competition fees and coaching costs for the season. Athlete families will be responsible for all costs related to travel and accommodations for both training and competitions. Parent chaperones are required for all travel. All chaperones are responsible for their own expenses.

## FAQs:

### **Why is BCSC hosting tryout clinics and skills clinics?**

We want to give everyone the opportunity to meet the coaches and learn more about ICU style cheerleading before submitting their tryout video. BCSC is hosting skills camps and tryout clinics as a fundraiser for the Team BC program. The skills clinics are intended to provide a pathway for athletes who may want to apply for Team BC in the next year or two, whereas the tryout clinics give athletes a chance to meet the coaches, practice the skills needed before the video submission, and understand the requirements.

### **Do I have to attend a tryout clinic or can I just submit a video?**

Yes, we ask that everyone attend the tryout clinic if they plan to apply to Team BC. We understand that the clinics may not work for everyone's timing, so we require that at least three members of the applying stunt group attend. This also takes into account if you have a stunt group planned in June, and when you go to apply, if a substitution has been made, you can still be eligible.

### **Can I try out as an individual?**

Please tryout as a stunt group of 4 athletes: two bases, top person and backspot. If you are having trouble making a group, please talk to your current coaches and ask for help! You are permitted to combine with another program's athletes, as long as you can practice together, and do not try to recruit athletes to your program.

### **What if I don't tumble? Can I still be considered?**

There were athletes that didn't contribute tumbling to our routine last year, but as the routine/division(s) requires a tumbling section, all groups are encouraged to demonstrate as much tumbling as possible! Our goal is always to have full team tumbling.

### **Is there a limit on how many teams can apply from one gym?**

No! Talk to your current coaches to make sure you have supervision and their support before trying out. There is no limit on how many groups can apply from one gym/program; however, as bringing together athletes from across BC is the goal of the program, selections for the roster will be made to ensure this is possible. The board reserves the right to final roster decisions to ensure the goal of representation is met.

#### **What if I have never done this level before?**

That is okay! However, Team BC is not designed to teach athletes a brand new level. Athletes should bring confidence and experience to the program as we meet in person only a few times. Many athletes on the roster in previous years competed at a higher level all season on their home teams, and some competed at the same level or below!

#### **Do I need to tumble on non-sprung mat, or is spring floor okay?**

Performing tumbling on non-sprung mat is a great goal, but spring floor tumbling is fine for tryouts. Please note: if the team is successful in being selected for Team Canada, the Pan Am and ICU Championships will occur on non-sprung floor.

#### **What if I have a stunt group with athletes born in 2010-2013?**

Unfortunately, we cannot accept applications with athletes in different age groups, because they would not be eligible to compete in any divisions.

#### **How do I know which clinic to attend?**

You can work with your stunt group to decide which one works best for you. We spaced them out to have one closer to the valley for athletes who may be traveling from the Interior to not have to drive all the way into the city or live in the Fraser Valley, and one in Vancouver to make it accessible to those in the lower mainland or island.

#### **Is it \$60 per person or per stunt group to attend a tryout clinic?**

It is \$60 per person. You will need to sign up as individuals, or you can have one person sign up the whole stunt group, and arrange payment. You will need to know each member's sport lomo number, birthdate, t-shirt size and contact information.

#### **If I am level 3 and age eligible, can I attend the skills clinic and the tryout clinic?**

Yes, although some of the same topics will be covered, the skills clinics will focus on levels 1-3 and the tryout sessions will focus on level 3 and higher, but there is an opportunity to do both, and you will get a discounted rate if they are purchased together.

#### **Can I sign up for more than one clinic?**

Yes! If you sign up for multiple clinics at the same time for one person, you will be eligible for a discounted rate. You will however, only receive one T-Shirt. This multiple clinic discount is only valid for clinics for the same person.

You can sign up for any combination:

- Both skills clinics
- Both tryout clinics
- one skills clinic and one tryout clinic

### **What if I sign up for one clinic and then decide I'd like to add a clinic later?**

Unfortunately, the way the discount code works is that it is only applicable if you sign up for multiple clinics at the same time.

If you sign up at different times no discount is available.

### **How do I enter the discount code for multiple clinics?**

You must enter the discount code on one clinic only

Discount code: MULTIPLE25

We will be reviewing the submissions and any registrations that have the discount code activated without an additional clinic registration will be canceled.

### **What are the ages and birth years for clinics?**

For the skills clinics:

- 10-17 years old (Birth years 2008-2015)

For the tryout clinics:

- Youth (12-14 years) Birth years: 2014-2011
- Junior (15-18) Birth years: 2011-2007