

2024-2025 INFORMATION PACKAGE



Home of the
CHEER FLIGHT





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Mission:

To provide a safe, encouraging environment where athletes train, develop confidence, and work towards their individual and team goals.

Vision:

Athletes who are prepared for success in both sport and life.

The combination of acrobatic stunting, tumbling, jumps and dance, alongside exciting competitions and sparkly uniforms, makes it irresistible to young athletes.

The confidence, leadership, drive to succeed and the incomparable lessons in teamwork make it irresistible to parents. Flight Athletics, formerly known as Cheer Force Jets, originated in Cold Lake in February of 2017. At our inception we were the only All-Star Cheer program north of Edmonton!

At Flight Athletics we take pride in not only developing great athletes, but also developing confidence, leadership, teamwork and dedication in the athletes we work with. When you join the Cheer Flight, you join our family! We truly care about each and every one of our athletes and love being a part of their journey towards their goals.

Our athletes spend their season honing skills and technique alongside their teammates. We emphasize the importance of physical wellness through strength and flexibility training, along with theory work for athletes to understand the 'why' behind the activities they are doing, and how it contributes to the end goal.



New facility for Season 8!



- **Great location - only 5 mins from current gym**
- **8500 sq ft**
- **More than 2x our current gym space**
- **24' ceilings**
- **HUGE party /conference room**
- **Second party room**
- **Newly renovated reception and office space**
- **Dedicated parent viewing lounge**
- **3 bathrooms**
- **Dedicated athlete area**
- **Plenty of office space for enhanced staff collaboration and training opportunities**
- **Ample parking**

Program Comparison

	Non-Travel Novice & Adaptive Abilities	Pre- Competitive U6 Novice	All-Star Prep	All-Star Elite	Open Elite
Experience Level:	Introductory	Introductory	Open to new and experienced athletes	At least 1 year experience recommended	Open to new and experienced athletes
Tryout Required:	No	No	No	Yes - all athletes who tryout will make a team	Yes - all athletes who tryout will make a team
Age Range:	U6: 2019-2021 U8: 2017-2019 U12: 2012-2016 Adaptive Abilities: 2018 or earlier	2018-2020	U6: 2018-2019 U8: 2016-2017 (& 2018 with at least 1 yr experience) U12: 2012-2015 (& 2016 with at least 1 yr experience) U18: 2006-2011	U8: 2016-2017 U12: 2012-2016 U16: 2008-2013 U18: 2006-2011	Open: 2009 and earlier
Season:	Sept-April	Sept-April	Sept-April	Mid-May-April	Mid-May-April
Practices:	U6: 45 min/wk U8, U12 and Adaptive Abilities: 1.5 hr/wk	1.5 hrs/wk	2 hrs/wk	Summer: 2hrs/wk Sept-Apr: 2 hrs twice/wk	Summer: 1.5hrs/wk
Routine Length:	1:30	1:30	2:00	2:30	2:00-2:30
Performances:	Two in Cold Lake	Two in Cold Lake	Two in Cold Lake	Two in Cold Lake *May have additional local performances	Two in Cold Lake
Competitions:	One in Cold Lake	3 in AB/SK	3 in AB/SK	5 in AB/SK	2 in AB/SK
Adjudication:	Rated	Rated	U6, U8: Rated U12+: Ranked	U8: Rated U12+: Ranked	Ranked
Uniform:	T-shirt and black bottoms	Rental	Must purchase	Must Purchase	TBD
Tumbling required:	No	No	Recommended	Yes	No



Join the Family:

NOVICE, PREP and ADAPTIVE ABILITIES

Step 1: Register online

No tryout is required for Novice, Prep or Adaptive Abilities athletes! Register online at www.flightathletics.ca/cheerleading.

Step 2: Attend Team Welcome Day

Sept 3-9th during regular practice time

ELITE

Step 1: Register online

Register for tryouts online

Step 2: Attend Tryouts

Tryouts will take place May 21st-23rd. Athletes will be evaluated on stunts, tumbling, jumps, dance, work ethic, musicality, etc.

On May 24th, Elite athletes will find out their training groups for June. Throughout the month of June we will thoroughly evaluate which team will be the best fit for each athlete, and which divisions we will be the most competitive in. Athletes will learn mini-routines in their training groups. Athletes will have their final evaluations in their training groups June 25-27th.

Step 3: Attend Team Reveal

June 28th 5:00-7:00pm

Athletes will attend a fun celebration at the gym where they will find out their team for the season!

Step 4: Attend Team Welcome Day

Elite teams: July 2nd-4th

Athletes are to attend with a guardian to sign paperwork, get measurements for uniforms/practice gear, complete account set-up, and meet the coaching staff.



Adaptive Abilities

We are excited to be offering an Adaptive Abilities team this season!

Athletes on the Adaptive Abilities team may have physical, neurological and/or intellectual disabilities. Our team will be performing in the 'Unified Abilities' category, meaning that at least 25% of the team members have a disability.

This team will be a welcoming, safe, fun environment for those who are not able to participate in a traditional competitive team.

The routine will be 2 minutes in length and will be comprised of stunts, tumbling, jumps and dance. Skills will be assisted by coaches and team members.

If you have questions about our Adaptive Abilities team, or need help deciding if this would be a good fit for your child, please reach out to coachviola@flightathletics.ca

Tryout Preparation Clinics

We will be offering many clinics the first half of May to help athletes prepare their skills for tryouts. These will be open to both new and returning athletes.

Tryouts

Only athletes wishing to be considered for an **Elite** team are required to attend tryouts. Everyone who attends tryouts will be placed on a team!

How it works:

Athletes will be evaluated on stunts, tumbling, jumps and dance over two days. Athletes must attend both days.

Athletes will be placed in stunt groups based on age and experience level for stunt assessments. Stunts will be evaluated in a group setting, flyer positions will be evaluated individually. Stunt groups may be changed a few times throughout tryouts.

Athletes will be assessed in small groups on tumbling, dance and jumps. Athletes are only expected to demonstrate skills they feel confident with.

Coaches will use tryout evaluations to place athletes into their training groups.

Schedule:

	First Tryout	Second Tryout
Birth years 2014-2017	May 20th 5:00-7:30pm	May 21st 5:00-7:30pm
Birth years 2012-2013	May 20th 5:00-7:30pm	May 23rd 5:00-7:30pm
Birth years 2011 and earlier	May 22nd 5:00-7:30pm	May 23rd 5:00-7:30pm

Team Practice Schedule

May 28-June 27th Training Group Schedule (Elite Only)

Tuesday	Wednesday	Thursday
Training group A 5:00-7:00pm	Training group B 5:00-7:00pm	Training group C 5:00-7:00pm

Jul 2-Aug 31 Practice Schedule (Elite Only)

Tuesday	Wednesday	Thursday
U16 Level 2 Snowbirds 5:00-7:00pm	U12 Level 1 Spitfire 5:00-7:00pm	U12 Level 2 Vipers 5:00-7:00pm

Additional Practices

To ensure teams are set up for success, additional practices may be scheduled Sept-April on an as needed basis. We will do our best to provide at least 1 week notice. There are no charges for additional practices, unless practice occurs out of town at a different facility, in which case the facility fees will be split between parents.



Sept-April Team Practice Schedule

Non-Travel U6 Novice	Wednesday's 5:00-5:45pm	
Non-Travel U8 Novice	Wednesday's 5:00-6:30pm	
Non-Travel U12 Novice	Wednesday's 5:45-7:15pm	
Pre-Competitive U6 Novice Tutors	Tuesday's 5:00-6:30pm	
Cheer Abilities	Tuesday's 5:00-6:30pm	
U6 Prep	Tuesday's 5:00-7:00pm	
U8 Prep	Tuesday's 5:00-7:00pm	
U12 Prep	Tuesday's 6:30-8:30pm	
U12 Level 1 Elite Spitfire	Monday's 5:00-7:00pm	Thursday's 5:00-7:00pm
U12 Level 2 Elite Vipers	Tuesday's 6:30-8:30pm	Thursday's 6:30-8:30pm
U16 Level 2 Elite Snowbirds	Monday's 7:00-9:00pm	Thursday's 5:00-7:00pm

Choreography

Novice and Prep teams will have in-house choreography in Late Sept/Early Oct.

July 6th - Stunt and Pyramid choreography for Elite teams.

July 29-Aug 1 - Routine choreography for Elite teams.

Crossovers

Cheerleading is 55% Stunting, 10% Tumbling, 5% Jumps, 15% Dance and Choreography, 15% Performance. As there are so many areas, oftentimes an athlete is ready to move up in one area but could also benefit from continuing a lower level of another area. In this case, we recommend crossing over to continue building a well-rounded athlete. If an athlete is not fully ready to move up a level, they will be placed on the lower level and may be given an option to 'cross-up' a level. This allows the athlete to continue training all areas of skill while still being challenged. Crossing over is the best way to increase your skill level throughout the season, as athletes are able to continue on a team where they can fully contribute to all aspects of the routine, while simultaneously learning and training the next level. To set up our teams for competitive success, athletes who are 'in between' levels will be placed on the team that is deemed a best fit for them, and may be given an option to crossover.

We also encourage athletes who enjoy spending time at the gym and enjoy leading and motivating others to cross 'down' a level. Level 1 is an incredibly competitive level and any level 2 athletes with strong technique in level 1 are welcome and highly encouraged to crossover. There are numerous benefits to continuing to master level 1 basics.

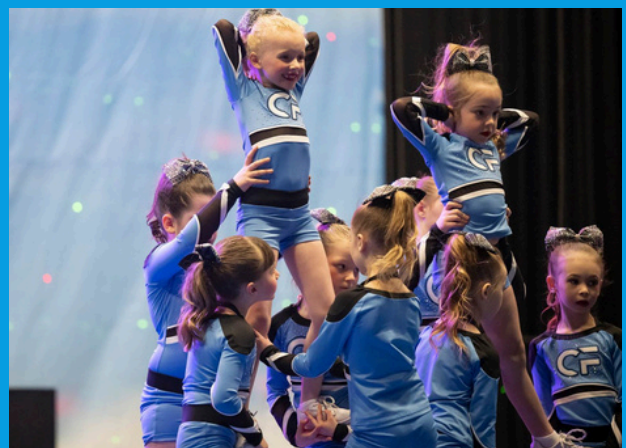
Crossovers are not required to take a tumbling class if they have the minimum at level skills for their teams. Tumbling classes are 50% off for those who crossover.



Volunteer Requirement

We host the Take Flight Cheer and Dance Championship in Cold Lake on Mar 29-30th. This event provides our athletes the opportunity to perform at home in front of family and friends, and is great for the Lakeland community. We require a lot of volunteers to make this event run smoothly. All Elite families are required to fill a minimum of two volunteer shifts (per family) for this event. Prep families are required to fill a minimum of one volunteer shift (per family).

While most volunteer shifts will be required for the weekend of, we also have volunteer positions leading up to the event.



Financial Investment

	Registration	Tuition	Competition Fees	Uniform
Non-Travel Novice	\$100	U6: \$50/month U8 & U12: \$88/month	Incl. in tuition	T-shirt & Bow: \$35
Pre-Competitive U6 Novice	Before May 1: \$150 After May 1: \$200	\$80/month Sept-April	\$90/month Sept- Dec	Rental incl. in tuition (\$100 deposit or blank dated cheque required)
Prep	Before May 1: \$150 After May 1: \$200	\$96/month Sept-April	\$95/month Sept-Dec	Two installments of \$125 Due Sept 15 and Oct 15
Elite	Before May 1: \$150 After May 1: \$200	\$132/month June- April	\$122/month June- Dec	Two installments of \$220 Due June 15 and July 15*
Elite Crossover	N/A	N/A	\$40/month July-April	N/A
Open	Before May 1: \$150 After May 1: \$200	\$95/month June-April	\$59/month June-Dec	TBD

**Our Elite teams are in year 2 of our 2 year uniform cycle. Some used uniforms may be available for sale at a discounted price.*

Financial Information

Tuition Includes:

All team practices, in house choreography (novice, prep and open), routine music, Season 8 t-shirt, any additional practices as required (at our facility)

Competition fees Include:

Registration for all scheduled AB/SK competitions, coaches travel and accommodations for AB/SK competitions, out-sourced choreography (elite teams), competition bow (all except non-travel novice)

Not Included:

ACA/Cheer Canada membership (approx. \$35 per athlete), Cheer shoes (not required for non-travel novice), uniform (if applicable), travel to and from competitions, competition make-up, tumbling class (if applicable), banquet tickets, spectator tickets for competitions and showcases, optional practice gear and jacket

Discounts and Financial Assistance

Sibling discount:

Offered on TEAM TUITION only (does not apply to competition fees, tumbling classes, events, etc.)

First child is full cost

Second child is 10% off

Third child is 20% off

Fourth child is 30% off

Pay in Full Discount:

Those who opt to pay registration, tuition, and competition fees in full will receive a 5% discount. Cut-off is May 30th for Elite, Sept 15th for Novice and Prep.

Flight Athletics Members Association

The Flight Athletics Members Association is a non-profit organization run by parents of Flight Athletics athletes, which provides fundraising opportunities throughout the season. There are no fundraising requirements at Flight Athletics, this is for those who would like to raise funds to directly support their own athlete. FAMA is a separate entity, independent from Flight Athletics. FAMA will have an information table at Registration Night for those interested!

famembersassociation@gmail.com

Community Support:

Flight Athletics is registered to accept both Kidsport and Jumpstart.



Uniforms

Non-Travel Novice:

Teams will perform in T-shirt, black bottoms and bow.

Pre-Competitive U6 Novice:

Uniform rental is included in tuition.

\$100 deposit required prior to uniform use. Deposit will be returned upon return of un-damaged uniform.

Prep:

Our Prep teams are getting new uniforms this season!
Cost is \$250 total in two installments (\$125 each).

Elite:

Our Elite teams are entering year 2 of their uniform rotation. Lightly used uniforms may be available for sale.
New uniform cost is \$440 and may be split into two installments (June 15 and July 15).

Open:

TBD. Either Elite uniform or tank and athletic pants.

U6 Novice Uniform

Prep Uniform

Elite Uniform



Tumbling

All Elite athletes, with the exception of crossovers and Open athletes, are required to register for and attend tumbling class.

Novice and Prep athletes are not required to take tumbling, but it is recommended.

During team practices, tumbling time is spent perfecting and synchronizing the skills that the athletes already have to make them more competitive. The focus is on the team as a whole.

During tumbling classes, the focus is on developing each individual athletes tumbling skills through drills that break each skill up into smaller parts, drills for developing speed and power, strengthening of shapes and core movements to improve technique, and repetition to build stamina and muscle memory. There is no short-cut to becoming a great tumbler - it takes time, dedication and practice. The best way for your athlete to take their tumbling skills to the next level is through PROPER practice guided by a credentialed coach. There is a direct correlation between time in the gym and speed of tumbling progress.

Tumbling Options:	Includes:	Investment:
Class Package	1 hour tumbling class, once per week	\$64 monthly for Novice & Prep Athletes \$54 monthly for Elite Athletes
Star Package	1 hour tumbling class, twice per week	\$99 monthly for Novice & Prep Athletes \$89 monthly for Elite Athletes
Private Lessons	45-minute private lesson per week (Limited availability)	\$45 per week
Power Pass	<ul style="list-style-type: none"> -One weekly tumbling class -One private lesson each week (except closure weeks) -An exclusive hour of tumble time every Friday from 5:00-6:00pm -Free choreography should the athlete wish to compete an Individual -Power Pass EXCLUSIVE practice gear -Locker in the gym 	\$2500 up front or \$249 per month (June-April)

Tumbling Skills by Level

Tumbling classes run year round and while required for Elite athletes, are open to everyone. Athletes are assessed regularly by their coaches and our front desk will contact you when your athlete is ready to move up a level.

Tiny Tumblers (Birth years 2019-2020)	Beginner Tumbling (Birth years 2018 and earlier)	Level 1 Tumbling (Birth years 2018 and earlier)	Advanced Level 1 Tumbling (Birth years 2018 and earlier)
<p>Skills Include: Forward Roll Backward Roll Straddle Roll Handstand Cartwheel Tumbling Shapes</p>	<p>Skills Include: Forward Roll Backward Roll Straddle Roll Handstand Cartwheel Tumbling Shapes</p>	<p>Skills Include: Bridge Kickover Backbend Front limber Waterfall Cartwheel scoop</p>	<p>Skills Include: Back Walkover (BWO) Back extension roll (BER) Valdez Back Limber Front walkover (FWO) Power hurdle Round off (RO) Connected passes Specialty skills</p>
Beginner Level 2 Tumbling (Birth years 2017 and earlier)	Advanced Level 2 Tumbling	Level 3 Tumbling	Level 4 Tumbling
<p>Standing Skills Include: BWO Scoop BER Scoop Valdez Scoop Standing Back Handspring (BHS)</p> <p>Running Skills Include: Front handspring Flyspring FWO RO RO BHS</p>	<p>Standing Skills Include: T-jump BHS BWO BHS BER BHS BHS step out BWO BHS BHSx2</p> <p>Running Skills Include: FWO RO BHS Flyspring RO BHS Chicken front Back tuck on trampoline BHS Back tuck on trampoline</p>	<p>Standing Skills Include: BHS x3 Toe touch BHS BHS toe touch BHS BHS so BHS</p> <p>Running Skills Include: Side aerial RO BHS tuck RO BHSx2 tuck FWO RO BHS tuck Flyspring RO BHS tuck Punch front Punch front, RO BHS Tuck FHS Punch front</p>	<p>Standing Skills Include: BHSx2 tuck BHS tuck Standing back tuck Jump BHS Tuck BWO Tuck</p> <p>Running Skills Include: Front aerial RO BHS layout RO BHSx2 layout FWO RO BHS layout Punch front stepout Punch front step out combinations FHS punch front combinations</p>

Sept-April Tumbling Schedule

Monday

5:00-5:45pm - Tiny Tumble

5:45-6:30pm - Beginner Tumbling

7:00-8:00pm - Level 1 Tumbling

Wednesday

5:00-5:45pm - Beginner Tumbling

5:45-6:45pm - Level 1 Tumbling

6:45-7:45pm - Advanced Lvl 1
Tumbling

5:00-6:00pm - Beginner Lvl 2
Tumbling

6:00-7:00pm - Advanced Lvl 2
Tumbling

7:00-8:00pm - Level 3 Tumbling

7:45-8:45pm - Level 4 Tumbling

Individuals

Athletes with exceptional tumbling or tumbling above their team level may compete in the 'Individual' at competition along with competing with their team. This is a great way to build confidence, get more out of competition weekends and learn specialty tumbling skills!

Those wishing to compete in the Individual category at competition this season must indicate their intent at team placements. Indy's and Duos have one private lesson per week.

Minimum requirement: Front and Back walkover with excellent technique.

Tuition:

**Power Pass athletes:
Included in your pass!**

**All other athletes:
\$200 per month Sept-April**

Includes 1 private lesson per week (Sept-April)
and routine choreography

Music:

Athletes competing an individual are required to pay for their routine music and licensing fee.

Athletes can pick their own music but the coach completing choreography must approve the mix. Music mixes and licensing are **approx.**

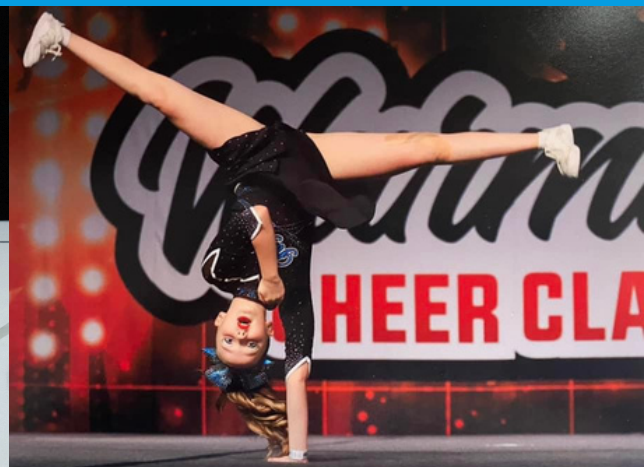
\$150-200.

Competition Fees:






































\$45 per month (Sept-April)

Includes registration fees for 3 competitions and coaches fees for competitions.

*This season, we had some competitions with a max. cap on how many Indy/Duo's they offer and some decided not to offer the division at all. The competition schedule may change based on which events offer the division. If more than 3 competitions offer an indy division, you may register for extra competitions and just pay the registration fee.



Competitions & Performances

	Winter Showcase Cold Lake Agridex Nov 30	Battle at the Border Lloydminster Dec 7*	Imagine Calgary Jan 31-Feb 1	Cheerific Morinville Feb 14-15	True North Edmonton Feb 28-Mar 2	Warman Cheer Classic Warman, SK Mar 7-9	Take Flight Cold Lake Mar 29-30	Spring Showcase Cold Lake
Non-Travel Novice								
Pre-Competitive U6 Novice								
Prep								
Lvl 1 Elite								
Lvl 2 and 3 Elite								
Open								
Indy's								

*Battle at the Border date has not been officially announced yet, however this competition is usually the first Saturday of December.

The competition schedule is subject to change. In the event of a cancellation, we will replace the competition with a similar event.

Important Dates

PLEASE NOTE THAT DATES MAY CHANGE! We do our best to provide a schedule well in advance so that families can plan. If there are any changes, we will let you know as soon as possible.

Competitions and Performances are not included on this page. Please see list on previous page.

- May 1 - Early registration ends
- May 1-16 - Tryout Prep Clinics
- May 21-23 - Elite Tryouts
- May 24 - Elite Training Group Announcements (via email)
- June 25-27 - Final Training Group Evaluations (Elite)
- June 28 - Elite Team Reveal
- July 2-4 - Elite Welcome Week
- July 5 - Stunt and Pyramid Choreography for all Elite teams
- July 29-Aug 1 - Routine Choreography for all Elite teams
- August 29 - Last day of Spring/Summer schedule
- Aug 30-Sept 1 - Gym Closed
- Sept 2 - First day of Fall practice schedule
- Sept 3-9 - Novice & Prep Welcome Week
- Sept 30 - Gym Closed for National Day for Truth and Reconciliation
- Oct 11-14 - Gym Closed for Thanksgiving
- Nov 9-11 - Gym Closed for Remembrance Day
- Dec 13 - Team Christmas Party
- Dec 20-Jan 5 - Gym Closed for Christmas break
- Feb 17 - Gym Closed for Family Day
- April 18-21 - Gym Closed for Easter weekend

Fees are not pro-rated for regularly scheduled gym closures. Additional practices may be scheduled for teams as deemed necessary by the coaches.



*Thank you for considering
Flight Athletics! We hope to
see you soon!*



www.flightathletics.ca

Contact Information:

Reception/General Inquiries:

coldlake@flightathletics.ca

(780)654-2118

Office Hours: Mon-Thurs 3:30-8:30pm

Gym Owner:

coachviola@flightathletics.ca