

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	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	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: 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	4-5 in AB/SK	2 in AB/SK
Adjudication:	Rated	Rated	U6, U8: Rated U12+: Ranked	U8: Rated U12+: Ranked	Ranked
Uniform:	Tank top and black bottoms	Rental	Must purchase	Must Purchase	TBD
Tumbling required:	No	No	Recommended	Yes	No



Join the Family:

NOVICE and PREP

Step 1: Register online

No tryout is required for Novice and Prep 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.

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)

U8 and U12 Elites: Tues OR Wed evening (Time TBA at least 2 weeks prior to team reveal)

U16, U18, Open Elites: Thurs evening (Time TBA at least 2 weeks prior to team reveal)

Sept-April Practice Schedule

Full schedule TBA

Novice and Prep teams will practice one day per week on a Mon-Thurs.

Elite teams will practice on the following schedule:

Mon and Wed evening,
Tues and Thurs evening, OR
Mon and Thurs evening

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.



Choreography

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

All Elite teams will have out-sourced choreography for Season 8.

Dates TBA - expecting late July/early Aug

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.

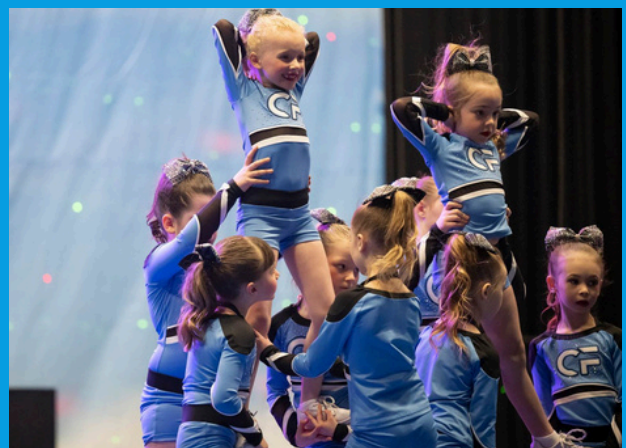
Crossovers are not required to take a tumbling class if they have the minimum at level skills for their teams. Tumbling classes are 50% off for those who crossover.



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>

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 Agriplex 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
- Late July/Early Aug - Choreo week for 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.



Policies and Procedures

Attendance

Our attendance policies are put in place to protect the safety of our athletes, the financial investment of all our families, while also protecting the integrity of our competitive program. Our teams' success relies heavily on the commitment of all athletes.

For the purpose of these policies, 'Competition Season' is defined as Nov 1-April 13th.

- If an athlete misses a practice **for any reason**, they are required to take a private lesson (at a cost of \$45 per lesson) to catch up on what they missed within the following week after their return. This is to ensure the team as a whole stays on their season schedule which is not possible if we have to alter our practice plans to re-teach your child what has already been covered. (U6 Novice is exempt from this)
- Athletes are expected to strive for perfect attendance. In cheerleading, we work in stunt groups of 2-5 people. There is a huge safety concern when a group is not practicing their stunts consistently, or when an athlete forgets their stunt counts. When one athlete misses a practice, up to 4 other team members cannot work on each section of the routine and the whole team cannot properly do their pyramid. For our younger athletes that do not stunt, they only practice once per week and it is all but guaranteed they will need to be re-taught their routine after going 2 weeks without practice. If you find yourself thinking 'it's just one practice' or 'it's just one athlete', please remember that there are only 29 practices in the season. If each athlete missed just one, we would only be able to rehearse the full routine at half of our practices, and if each athlete missed two, we would never be able to practice the full routine. Please consider your ability to commit to your team's practices prior to accepting a spot on a team.
- Very few absences will be considered excused. If an athlete is highly contagious, is hospitalized, or has a death in the immediate family, the absence will be excused. We must be aware of any absences no later than 3pm on the day of their practice to allow coaches time to create a new practice plan, however, please provide as much notice as possible. Any other absences are unexcused. Athletes with cold symptoms are expected to attend. Athletes with a cough and fever are expected to attend to watch while wearing a mask if at all possible.
- Absences that are not excused: other sporting events, school events, family events, birthday parties, missing practice entirely due to an injury, missing practice due to a minor illness, etc.
- For Elite families, we will no longer excuse summer practices due to vacations, however as long as your athlete does not miss more than two, there will be no punitive action taken. Please keep in mind that the clock does not reset. If your athlete misses two practices in the summer for a planned vacation, then misses another due to illness in the fall, you are quickly at your maximum of 3 practices missed.
- Attendance during choreography weeks is mandatory. If an athlete is missing for extreme circumstances that couldn't have been predicted or prevented, we will arrange for a fill-in athlete. The athlete must take private lessons to learn their choreography to prevent holding the team back when they return. The number of lessons this will take is dependent on how well your athlete picks up on choreography.
- Missing practice during competition season due to family vacation, or missing more than one consecutive practice for any reason within a month of competition, will result in removal from the routine for the following competition. Coaches reserve the right to place the athlete back in the routine when it is best for the team. We believe in fair treatment of all of our athletes and this rule is non-negotiable.
- Coaches reserve the right to remove an athlete from the routine for any number of excused or unexcused absences in the two weeks prior to each competition.
- Athletes who miss more than 3 practices will be reviewed for dismissal from the program, regardless of whether the absences were excused or not. When an athlete misses frequently, it becomes unsafe for their stunt group to perform at the level required without reteaching, which holds the remainder of the team back. In the case of extenuating circumstances leading to multiple absences, we will make every effort to include the athlete in the routine in a less vital role.
- Athletes who are not ready to start practice at their practice time will be considered late. This includes if they need to go to the bathroom in the first 5 minutes. If your child is not a teenager and seasoned athlete, please ensure you stay at the gym until they are ready for class. We've encountered issues with athletes being at the gym 15-30 minutes prior to class starting, yet they are not ready to participate until 5-10 minutes into their class.
- Athletes who are late more than 3 times will be reviewed and may be dismissed from the program.
- Any combination of 3 absences and tardiness will be reviewed and may be grounds for dismissal.
- Coaches reserve the right to make alterations to the routine in the best interest of the team in the case of absences.

Participation

- If your athlete is injured/ill and unable to fully participate in practice, we must be advised by parents beforehand. Please do not ask your athlete to relay the message.
- If an athlete is injured/ill with the same injury/illness for more than one practice, we must receive a doctor's note specifying how long they'll be unable to participate, and an estimated timeline of how long their participation will be limited upon their return so that we can make any required adjustments to the routine and/or get a fill-in.
- If an athlete is repeatedly asking to sit out for either the same or various injuries/illnesses, we will arrange a meeting with parents to discuss what the best course of action is. If an athlete is regularly asking to sit out and we are unable to determine a cause or solution, the athlete may need to be removed from parts of the routine into a role where the rest of the team is not as dependent on them.

Policies and Procedures

Competitions

- If a team's competition meet-up time is earlier than 12pm, coaches expect athletes to be in the city/town where the competition takes place the night before. We cannot expect athletes to perform their best after waking up very early and being cooped up in a vehicle for hours. This also ensures that a team does not miss their competition time due to road conditions, motor vehicle incidents or construction.
- Athletes are required to attend all competitions in order to be on a team.
- Athletes are required to be at the competition on time and ready to go, and are required to stay until after their team's awards.
- Arriving late or missing a competition will result in removal from the routine for at least one competition, and may be dismissed from the program altogether. A substantial amount of time and finances are invested in each competition. No-showing at a competition (no-show is defined as less than 72 hrs notice without an emergency situation), will result in a \$750 charge on your account to cover the rest of the teams competition fees.
- If you as a parent cannot attend a competition, please arrange for another parent, family member or friend to take your child well in advance. Coaches are not able to take athletes to competitions.

Conduct

- Athletes and parents are expected to treat all coaches, team members and other parents with respect.
- Athletes and parents are not to provide corrections/instruction to other athletes. Questions are to be directed to coaches.
- Athletes are not to provide tumbling spots to other athletes unless they are a junior coach who has been trained to do so.
- There are 4 athletes in a stunt group. Athletes are not to place blame/fault on one person in their stunt group when mistakes are made. Positive communication among a stunt group is beneficial to teamwork, continuously placing blame on 1-2 athletes in the group is not.
- Athletes, parents, and family members are to represent Flight Athletics in a positive manner at the gym and at competitions.
- Athletes, parents, and family members are not to approach the judges at competitions under any circumstance.
- Please bring any complaints or concerns to the attention of staff.
- The parent area is intended to be a place where parents can sit and enjoy watching their child practice, witness the teams' progression throughout the season and be a part of their child's extra-curricular experience. Please do not ruin this for others by creating an unpleasant environment. Using this as a space to complain and speak poorly of coaching decisions or your child's teammates and/or their parents will not be tolerated.
- Athletes, parents, and family members are not to speak poorly of individuals, teams, clubs, judging decisions or other parents at any time during competition or while representing Flight Athletics. This is grounds for removal from the program.
- Any form of verbal abuse from parents or athletes to coaches, athletes, or other parents may be grounds for dismissal.
- Parents are to report any 'recruiting' for other cheer clubs they witness happening inside the Flight Athletics gym immediately.
- Parents caught recruiting for other cheer clubs will be dismissed immediately.
- Parents are not to consume drugs or excessive amounts of alcohol while representing Flight Athletics (at competition, at hotel, or while wearing Flight Athletics/Cheer Flight apparel).
- Questioning another child's ability or team placement will not be tolerated.
- ALL instances of bullying, degrading or hurtful comments brought to our attention will be investigated and addressed as appropriate to ensure the gym remains a positive, safe environment for our athletes.

Policies and Procedures

Gym Rules

- Athletes are required to wear clean cheer shoes to all practices.
- NO cell phones in the gym.
- Athletes are required to have a water bottle with them at all practices. Water bottle should be full (with water only – no juice, pop, or Gatorade) prior to practice starting.
- No jewelry is permitted at practice. Please ensure jewelry is removed BEFORE practice. Coaches will not be responsible for removing jewelry and earrings during practice time and are not responsible for any lost or stolen jewelry. Jewelry must be removed, taping over does not suffice. This is an insurance and credentialing rule that we must follow.
- Hair is to be tied back out of the athlete's face at practice. Hair should be in a high ponytail with hairspray if necessary to keep it out of the athletes' face. No hair should be falling into their face. When an athlete constantly has hair falling in their face, it causes a safety concern and they are not able to perform their choreography. Use of any metal/hard plastic clips or headbands is not allowed (exception: bobby pins). We recommend keeping a pack of hair elastics in your child's cheer bag.
- Once our Practice T-shirts arrive, Novice and Prep athletes are to wear their practice t-shirt to all team practices, with athletic shorts or pants on bottom.
- NO jeans or dresses.
- No zippers, hanging strings, or hoods at practice.
- No baggy pants, avoid loose fitting shirts.
- Unless wearing a tight, spandex style practice tank/top, athletes of all ages are to wear a sports bra. During tumbling, shirts often fall up and embarrass the athlete or worse, cause them to choose to pull their shirt down mid-tumbling skill causing them to fall and get hurt.
- Flyers are to wear capri pants/shorts so that ankles are exposed for stunting.
- Athletes are not permitted on the tumbling track outside of designated time periods.
- No talking during stunting, keep noise to a minimum when other groups are stunting.
- No tumbling outside of designated tumbling time. Tumbling during breaks and stunting time frequently leads to collisions.
- Flight Athletics has a high standard for technique and stunt/tumbling safety. Athletes on a Cheer Flight Team (novice, prep or elite) are not permitted to take cheer or tumbling classes at other cheerleading gyms for their own safety and to prevent unnecessary injuries during the season. Flight Athletics will be offering additional tumbling classes and open gym for those looking for extra practice time.
- Athletes are expected to practice their routine at home. Choreography is intricate and difficult to remember without regular practice. As soon as routine music is available it will be sent out to parents to download.
- Athletes are asked not to work on tumbling skills at home until they have mastered them in the gym. This avoids the development of bad habits due to poor technique. Athletes may be given flexibility and tumbling homework that can benefit them at home. Coaches will gladly assign athlete specific homework that they can work on.

Logo Use

- The Flight Athletics logo is property of Flight Athletics Inc. and is not to be printed or posted anywhere including but not limited to: clothing, bags, water bottles/mugs, Facebook post without the written permission of Flight Athletics. Please visit our pro shop for your Flight Athletics and Cheer Flight apparel needs.

Policies and Procedures

Social Media

- Routine videos or sections of the routine are not to be posted on social media until after our first showcase. Photos are fine to post.
- Please do not post poorly of other clubs or parents on social media.
- Please ensure all photos in Flight Athletics/Cheer Flight uniform/practice wear are appropriate for all audiences.
- Athletes who use social media and associate themselves with our gym in their social media profiles are expected to keep their social media content appropriate and reflect the gym in a positive manner.

Parent Obligations

- Parents are responsible for being familiar with and following the policies in this handbook.
- Parents are responsible for ensuring payments are made on time.
- Parents are responsible for ensuring their children arrive on time to each practice.
- Parents are responsible for notifying the coaches if their child is unable to attend practice. Coaches must be notified as soon as possible if an athlete is unable to attend, to ensure adequate time to adjust the practice plan. Please let us know no later than 3pm the day of practice.
- Parents are responsible for ensuring their child understands and follows the rules.

Communications

- Please ensure you follow the appropriate channels of communication to ask questions. This helps to avoid burn-out of our staff and helps us to manage our time more efficiently. Please allow us 48 hrs to respond to you before reaching out to another staff member or platform, our super dedicated and hard working staff will get back to you as soon as they can!
- We provide all important information via Band, SMS, and/or email. Parents are responsible for reading the provided information and ensuring we have up-to-date contact information.
- Administrative questions related to your account, payments, pro-shop, tickets for events, etc. are to be sent to the front desk at coldlake@flightathletics.ca.
- Our owner, Coach Viola, is always open to chatting with parents, however emailing her will not be the fastest way to get your question answered. The front desk is the fastest way to reach us, and the fastest way to reach Viola for anything urgent. If you have concerns or queries you'd prefer to keep private, please feel free to email coachviola@flightathletics.ca or email coldlake@flightathletics.ca and ask to set up a meeting.
- If your child comes home upset from practice, we ask that you follow the 24 hour rule. It is normal for athletes to have both good and bad practices. Most days they should come home feeling great, however there may be times when practice doesn't go as well as they'd like and they may come home feeling frustrated or upset. Whether the concern is routine related, teammate or coach related, please give your child time to feel their feelings, and then see if it is still something that requires intervention. We always want parents to feel comfortable talking to us, however often the story is different the next day when the athlete has rested and had time to reflect.
- If you have a coaching question, please direct it to coldlake@flightathletics.ca. This will ensure your question is answered within 1 business day. If you have a concern you'd like to speak with a specific coach about, please email coldlake@flightathletics.ca to set up a meeting.
- Team parents - Each team will have a designated 'Team Parent'. Whenever possible, the Team Parent will be someone who has been involved for at least a year and has a general idea of how the season will go. The team parent will act as a 'guide' for parents newer to cheer, and will act as a filter for how many questions are posed to our administrative team. If your team parents can't answer your question, they will touch base with us and get back to you. For questions related to competitions, hair and make-up, performances, team events, or anything else, please ask your 'Team Parent'. Please keep in mind that team parents are volunteers and cannot be available to you 24/7. If the Team Parent is not available and your question is urgent, please contact the front desk in person, by phone (780)654-2118, or email coldlake@flightathletics.ca.
- Please do not contact our staff via our personal cell phones or social media with questions related to cheer. Our staff cannot be available 24/7 to answer work-related questions. Please address questions through the appropriate channels, during office hours. Any and all questions/concerns related to cheer should be directed to coldlake@flightathletics.ca, coachviola@flightathletics.ca, or (780)654-2118.

Policies and Procedures

Payments

- Please refer to the payment agreement form.
- Payments are due first of the month unless otherwise specified.
- All fees are subject to GST.
- If you have an agreed upon payment plan, payments must be made on time.

Refunds

- Athletes who leave the program before the third practice will be given a refund minus a \$100 administrative/coaching fee.
- Athletes who leave the program after the third practice will not receive a refund.
- Athletes who are dismissed from the team due to misconduct (by athlete or parent), attendance, tardiness, or any other reason deemed fit by the Flight Athletics staff, will not receive a refund.
- If an athlete is required to leave their team due to an injury or illness, you will receive refund upon submission of a doctor's note stating they are not able to participate for the remainder of the season.
- There will be no refunds on shoes, practice wear, uniforms or other optional purchases that were ordered specifically for your child.



*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