

PG All Stars Cheer

2021 - 2022
Competitive Registration Package



WELCOME TO PGASC

PG All Stars Cheer is the first cheerleading facility in Prince George! We are proud to offer a range of competitive cheerleading programs for athletes ages 4-17.

No experience is necessary to join PGASC; we will work with you to place you on one of our competitive teams.

We have the opportunity to provide a positive, safe, competitive, and fun environment to our athletes. Our programs are designed to develop strong and committed athletes and promote well-rounded leaders.



Our Mission

The Mission of Prince George All Stars Cheer (PGASC) is to provide outstanding coaching in a safe and fun environment. With the constant evolution of the sport, the coaches will focus on developing the athlete's strengths and talents to help them perform at their full potential. We believe that hard work and a diligent work ethic have a moral benefit and an ability to strengthen character and add value to other aspects of life, such as academics and relationships.

We are stronger as a team. Together we can accomplish our goals and our dreams.



COMPETITIVE TEAMS

No Cheer Experience is needed for any of our Teams!
There will no longer be “Team Placements” on August 14, 2021,
as there is no overlap of age groups.

Team	Division	Birth Years (inclusive)	Level
Fireballs	U8 Prep	2013 - 2017	Level 1 Prep
Knights	U17 Prep	2004 - 2012	Level 1 Prep
Conquer	U17 Elite	2004 - 2012	Elite All-Star (Tryouts Required)

Prep VS Elite

Our **Competitive Prep** teams are the option for you if you are able to commit to the full 9 months of the competitive season (September to May). These teams practice 2 times a week, compete at 4 out-of-town competitions (2 weekends), and show off their skills to family at our club showcases. Attendance at all practices, competitions and showcases are mandatory (see ‘Save the Dates’ for competition dates). Our choreography is created in-house which will ensure our choreography costs are affordable. We will be teaching in-class tumbling to reduce the need for additional classes outside of practice as we will be staying our current facility. We will offer as many Private Lessons as possible, should you wish to further develop your athlete’s skills throughout the season!

We offer an **Elite Competitive** team for athletes who wish to excel in their skills and strive to advance to a higher level team. This option is only open to athletes who demonstrate during their placement/tryout to be considered to have the highest work ethic, positive attitude and passion for skill development. Elite Competitive teams will only be available if 8 or more athletes fit into the Cheer Canada Age Grid and display the required qualifications for this team. This season we hope to offer at least one Elite team. Tryouts will be required, please review our Elite Tryout page for more details. New athletes are welcome to try-out; no prior cheer experience is necessary to make our Elite teams!

This team practices 3 times a week, competes at 5 out-of-town competitions (3 weekends), and show off their skills to family at our club showcases.

****NEW:** All athletes will be members of Cheer District! Skills and athlete workouts will be tracked by coaches! Athletes should be prepared to do at least one at-home workout per week!

ELITE TRYOUTS

TEAM

CONQUER

DIVISION

U17 Elite

BIRTH YEARS

2004
-
2012

DATE

AUG 26,
2021

Athletes will be required to submit a **video tryout submission** to PGCheerleading1@gmail.com prior to August 26, 2021 to be considered for the U17 Elite team.

Video tryout submissions must include the athlete's best attempt at the following skills:

Tumbling: Front walkover and Back walkover (or a clean progression).

Jumps: Toe Touch, Pike, and Front Hurdler (individual not connected).

Dance: please review the video, it will be sent by email to those who register, and posted on the Parent Portal. It does not need to be perfect but we want to see quality of motions, enthusiasm, and effort put into learning this dance.



Emphasis will be placed on retrieving a baseline of the athlete's current skills and measuring the potential to maximize and perfect our current skills while building skills for progressions into the next level. Our coaching staff have years of experience and will be looking to properly place each athlete, even if it means an athlete may not make the team they, or their parent, most desire. Also, please remember that a lot more than skill can be considered when placing an athlete.

We do our best to match athletes to teams based on skill level, but there are many factors we also take into consideration including, but not limited to, stunt position, emotional readiness, attitude, dedication, personal goals and abilities in jumps, dance, motions, and tumbling. We will always place according to what is in the best interest of a team to build an evenly matched group who will be strong in practice and competition. Trust the process and our experience.

PRIVATE LESSONS:

Need some extra help or want to build your skills for Elite Tryouts and during the season for Competitions? Sign up for a Private Lessons with Coach Jess, Coach April. Review their focuses and book online on our website!

PRACTICE SCHEDULE



Check out the Competitive Team chart for age information for each team.

Extra practice may be scheduled within the last few weeks prior to a competition.

Review Competition and Important Dates for additional mandatory attendance dates.

Competitive Season runs September 2021 - May 2022

SUN	MON	TUES	WED
U17 Elite: Conquer 4 - 6pm		U8 Prep: Fireballs 5 - 6pm	U8 Prep 5 - 6pm
		U17 Prep: Knights 6 - 7:30pm	U17 Prep: Knights 6 - 7:30pm
		U17 Elite: Conquer 7:30 - 9pm	U17 Elite: Conquer 7:30 - 9pm

COMPETITION SCHEDULE

Save The Date!

EVENT

TEAM ATTENDING

PINK
Virtual | Dec 11

Conquer | Knights | Fireballs

SNOWFLAKE
Virtual | Jan 15

Conquer | Knights | Fireballs

MARDI PARTI
Virtual | Feb 26 & 27

Knights | Fireballs

MARDI PARTI
Richmond | Feb 26 & 27

Conquer

FEEL THE POWER-WEST
Vancouver | March 5

Conquer | Knights | Fireballs

BC PROVINCIALS
Vancouver | March 6

Conquer | Knights | Fireballs

OK CHEER CHAMPIONSHIP
Kelowna | May 14

Conquer | Knights | Fireballs

SUNSHINE CUP
Kelowna | May 15

Conquer | Knights | Fireballs

IMPORTANT DATES

Important Dates

Jul 20, 2021

Registration Opens

Aug 26, 2021

Elite Tryout Submission

Sept 2, 2021

Team Announcements

Sept 8, 2021

Season Begins

Sept 12, 2021

Conquer Team Bonding

Nov 6-7, 2021

Choreography Training



Winter Break - No practice

December 20 - 31

***Conquer will practice on Sunday, December 19**

Spring Break - No practice (1 week)

March 13 - 19

***Conquer will not practice on Sunday, March 13**

***Conquer WILL PRACTICE on Sunday, March 20**



INVESTMENT

We offer an inclusive price for all our competitive teams. We truly believe you are investing in your athlete. We are here to provide the a quality experience for yourself and your athlete.

U8 Prep: Fireballs

U17 Prep: Knights

U17 Elite: Conquer

Monthly Tuition

\$120

\$160

\$200

Uniform*

\$130
(If purchasing new)

\$130
(If purchasing new)

\$330
(If purchasing new)

Shoes*

\$105-\$140

\$105-\$140

\$105-\$140

Registration Fees

Early Bird (Jul 20 - 31): \$100

On-Time (Aug 1 - 14): \$120

Late (Aug 15 - Onward): \$140

*Travel and accommodation are not arranged or covered by PGASC. Parents/Guardians are responsible for getting their athletes to and from competition.

*NO refunds for any fees, please see refund policy for more information and refunds.

***NEW:** This year a non-refundable May monthly tuition will be paid at the same time as September payment. The first payment is for 2 months.

***LATE FEES:** All monthly tuition dues that are not paid by the 1st of the month will incur a \$20 late fee.

Fees Include:

- BC Sport Cheer Membership
- Cheer Canada Membership
- Music Fees
- Choreography
- Facility, coaching and administration
- Competition Bow
- Insurance - coverage for all athletes
- Competition fees
- Cheer District Membership
- End of Season Awards Banquet

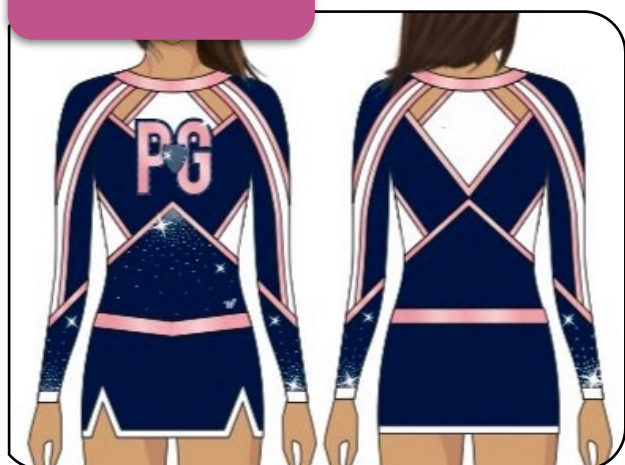
Uniform & Shoes

*Athletes are required to have the appropriate team uniform and a pair of cheerleading shoes but may not need to purchase if they already have these items. Items may be available on the "Buy & Sell" on the website.

2021 - 2022 UNIFORMS

Uniforms have not been updated for our 2021 - 2022 season. Athletes will be required to have the appropriate team uniform that will be available for purchase on the team website "Shop" after Team Announcements have been sent out.

Elite Uniforms



Team:

Conquer (Elite)

Items:

Bodysuit

Skirt

Cheer Shoes

Team:

Knights (Prep)

Fireballs (Prep)

Items:

Tank Top

Skirt

Cheer Shoes

Prep Uniforms

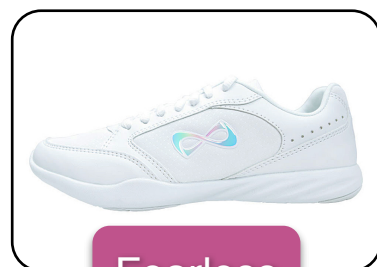


Cheer Shoes:

- Nfinity Evolution (Fireballs, Knights, Conquer)
- Nfinity Fearless (Fireballs)

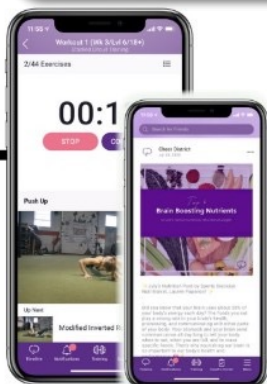


Evolution



Fearless

CHEER DISTRICT



What is Cheer District?

Cheer District is a mobile app offering **cheer-specific workouts backed by science**, built to increase performance, and reduce athletes

risk of injury! Cheer District is not just an app, but a community. Along with the workouts, Cheer District also offers **skill tracking, nutrition information, mental training advice, free stretching programs, accountability and more!** This year, **PG All Stars Cheer will be joining the Cheer District Family and providing these world class programs to all competitive athletes!**

What is the Benefit of using Cheer District?

Cheer District workouts are designed by sports scientist Dr. Scott Christie, and are all based on injury risk prevention and increasing performance in the sport. Cheer District is constantly researching the sport to ensure our programs are most effective for athletes. Athletes who have consistently used Cheer District have excelled in skill acquisition and have become stronger athletes overall.

Want to be a stronger, better athlete?
Register with PG All Stars Cheer & get
Cheer District included in your registration!



PGASC is excited to be working with Cheer District for our 2021 - 2022 Season! Make sure you register for your account to help develop your skills throughout the competitive season as your coach assigns your specific age and level drills to work on!

REGISTRATION

1

Register for Competitive Registration online at pgallstars.com
*This information will be used to register the athlete for Cheer District.

2

Create your Website Membership at pgallstars.com under “Parent Portal”
Download the “Wix” app and sign into your
PG All Stars account/profile
Here you will have access to the Shop, Buy & Sell, track your payments, and more!
***Returning Parents:** please post your Buy & Sell items for others to see!

3

- Register for BC Sport Cheer and Cheer Canada in one quick step.
- Go to cheer-reg.com and scroll down, click on British Columbia, then “JOIN”
 - Follow the steps as a competitive athlete, joining “All-Star” and “Level 1”, and use the PassPhrase “georgecheer” to skip the payment for these memberships (as they are included in your fees).
**THIS MAY NOT BE AVAILABLE UNTIL SEPTEMBER!

4

Ensure your athlete has a uniform that fits:
Athletes will be sized for uniforms in the first week.
Purchase Uniform & Shoes on our website/app “Shop”. You can pre-order up until September 22, 2021.
Cheerleading Shoes (requirement for competition).
Uniforms will also be available on our website after Team Announcements have been emailed out. Once you know what team you will be on, then you will know what uniform you will need to purchase.
There may be Buy & Sell options available!

POLICIES, RULES & EXPECTATIONS

GENERAL RULES, LEADERSHIP, AND EXPECTATIONS FOR ATHLETES/PARENTS

- Challenging the authority of coaches in charge, an athlete, or parent, within the gym or at events and competitions will result in immediate dismissal.
- Abusive behaviour, lying, or any negative form of behaviour is grounds for dismissal. Any negative behaviour towards PGASC, another gym, team, athlete, etc by any medium (e.g. Facebook, SnapChat, Instagram, etc.) may result in dismissal from the program.
- It is a privilege to be a member of PG All Stars Cheer, no athlete has the right to be a part of any team because of any particular circumstance. Athletes and parents should be aware of the responsibilities and commitment they are making when being a part of PGASC.
- Each athlete and parent must realize the manner in which they conduct themselves while representing PGASC is a direct reflection of the entire program and coaches.



SUDDEN SHUT DOWN PLAN

If we are told to close due to a new outbreak in COVID-19 or changes in the government health procedures around COVID-19, we will collect the dues for the current month and continue to provide you the regular practice schedule for the remaining practices, virtually. We have the practice plans outlined and they can easily be modified to accommodate a home practice. Future months will be on a month-to-month basis depending on how we progress and improve with virtual classes.

LATE FEES & REFUND POLICY

All monthly tuition dues that are not paid by the 1st of the month will incur a \$20 late fee. There are no refunds on any paid fees due throughout the year. The costs do not change based on the number/duration of practices in a given month. If an athlete leaves, or is dismissed from the team before the season's end for any reason, any and all their funds are used for the team. There are no refunds on uniform or apparel once ordered.

Should an athlete leave a competitive team after October 15th: Removing an athlete at any time once the season has started has large implications for the entire team. If concerns ever arise, please schedule a meeting with Coach Jess as soon as possible to discuss and find possible alternatives for the athlete. In the event an athlete must leave the team after October 15th, all outstanding fees as well as one month additional tuition will be charged.

NO CELL PHONES AT PRACTICE

The use of cell phones at practices is the largest distraction and is a disrespect of practice time for coaches and other athletes. In an effort to contain the athlete's belongings at practice, they may be required to keep their belongings in a small bin near their practice space. They will be asked not to touch their phone and other belongings during practice. The practice times are fixed (55 to 120 minutes depending on the team) so there is no need for phone use during practice. If there is an emergency, athletes and parents will be expected to communicate with the coach. Coaches will have their phones/devices and are prepared for emergencies, parent calls, etc.

ATTENDANCE

Athletes must come prepared and arrive on time for EVERY practice. Cheer is the ultimate "TEAM" sport. Attendance on all competitive teams is mandatory since success of the entire team is dependent on each participant. An athlete that is perceived by the coaching staff as unable to make a full commitment will not be taking the competition floor at competition. WE ASK THAT PARENTS NOT WITHHOLD PARTICIPATION WITH THE CHEER TEAM AS A PUNISHMENT TOOL, AS THIS NOT ONLY AFFECTS THE CHILD, BUT ALSO PUNISHES THE ENTIRE TEAM.

Missing Practice: If there are dates that are known ahead of time to be missed practice, the athlete is to let a member of the coaching staff know AT LEAST one week in advance. Coaches spend time preparing for practice and it is unfair to them to tell them the day of that you will not be attending practice.

Illness: Due to COVID-19, our illness policy has changed, and we do not want you to attend practice if you are sick. Seasonal flu season will bring many challenges and we will try to be as consistent as possible. Our main goal is to prevent the spread of germs and illness.

IMPORTANT: Coaches MUST be notified if an athlete will be missing practice. If coaches are not notified prior to practice of an athlete's absence, a further conversation may be necessary to review athlete commitment to their team and skill development. A note will be placed on the athlete file, if an athlete has 3 unexcused absences they may not be eligible to compete at competition. All absences require a valid explanation.

It is expected that athletes will miss practices for illness throughout the season, especially during the high-flu season. Our coaching staff are committed to keeping track of content the athletes have missed and we will do our best to get athletes caught up on changes that were made during an athlete's excused absence. If an athlete has missed too many practices and it is determined they will not be able to catch up, we will consider whether the athlete is prepared to compete at competition. Private Lessons may be required (cost is extra) to allow the athlete a higher chance to gain their skills and become prepared for competition.

Injuries: All injuries are to be reported to your coach immediately no matter how insignificant the injury seems and/or whether or not it is cheer-related. If you are physically able to attend practice with your injury, please do so; there is value in watching practices from the sideline. Coach Jess is a Kinesiologist and can assist with injury prevention and treatment strategies.

***At any time during the season if an athlete is regularly missing practices, exhibiting a negative behaviour, or not keeping up with skills, they may be removed from a team and placed on a team with a lower commitment requirement or excused from the program completely. It is a privilege to be a part of PG All Stars Cheer. For more details of athlete consequences/removal, please see the General Rules, Leadership, and Expectations for Athletes/Parents section of this package.

COMPETITIONS

All competitions are MANDATORY for all indicated teams/athletes. All athletes are expected to remain in uniform and attend their team's award ceremony. Details and itineraries for each competition will be provided prior to each competition.

ALCOHOL AND DRUGS POLICY

No athlete shall or shall attempt to possess, use or transmit or be under the influence of drugs or alcohol. Please be aware that if caught breaking this policy (e.g. photos on social media, word of mouth, etc), the offence will be discussed with the parents and athlete involved, and will be handled appropriately, this could mean immediate removal from the team/gym no matter how late in the season.

PRACTICE ATTIRE, SNACKS, AND WATER

Cheerleaders must wear appropriate clothing (t-shirt and shorts) and hair tied back and away from the eyes. A t-shirt or tank top is required at every practice and no midriffs will be shown. All athletes will be required to wear indoor/cheer shoes. Athletes will be sized for cheer shoes and their shoes will be ordered during the first couple weeks of the season, if needed.

Athletes should not be wearing loose clothing, hoodies, or clothing with sharp objects on them (e.g. zippers, buttons, etc). At practices, athletes participate in stunting and tumbling and the clothes they wear is important to consider in order to prevent injury to themselves or others.

It is recommended that athletes come to practice with a water bottle. At the Kinsmen Community Complex, there isn't a way to refill your water. So, please ensure that your athlete brings sufficient water for practices! If water and proper clothing is not brought to practice then they will not be participating in stunting or tumbling, and they will watch what is being learned.

PIERCINGS/JEWELLERY

Piercings: will be removed for competition, no excuses. There will not be options for taping piercings, etc. At practice, piercings are worn at the **athlete's own risk**, and should know that there is the possibility that they can hurt themselves or others and may damage the skin of the piercing beyond repair. This rule may change in the future depending on the necessity of it.

Jewellery: Absolutely no dangling earrings, necklaces, bracelets, or rings should be worn at practices. They should have a safe place in bags or backpacks.

Acrylic nails: must be short during the season and must be **removed** for competitions.

AGREEMENTS & POLICIES

*This will be electronically agreed to online at the time of registration.

Medical Release

I, on my own behalf and on the behalf of my child, acknowledge and agree that such participation subjects my child to possible physical issues ((COVID-19, influenza, or their injury (minimal, serious, catastrophic and or death)) and that I, on my own behalf and on the behalf of my child, acknowledge that my child is assuming the risk of such injury or illness by participation in cheerleading practice and events.

In the event of such injury or illness, I authorize PG All Stars Cheer to obtain necessary medical treatment for my child and hereby, on my own behalf and on the behalf of my child, release and hold harmless PG All Stars Cheer, its coaches, volunteers, directors, officers and sponsors in exercise of this authority. I further acknowledge that I will be responsible for any and all medical and related bills that may be insured on the behalf of my child for any illnesses or injury that my child may sustain during practice or their events and while travelling to and from the site of the practice or event whether or not the practice or event actually occurs.

Liability Release

Cheerleading is vigorous activity that includes tossing, falling, running, jumping, stunting, tumbling, pyramids and dancing. Due to the nature of this type of activity, the possibly of injury and death could occur. By signing this agreement you agree that your child is physically active and fit to participate in this activity and has no known medical conditions that may compromise the safety of your child, other athletes or coaches and that you or another adult in your household will complete a health assessment of your child prior to every practice to check for symptoms of COVID-19.

As parents/guardians of the above mentioned athlete, a minor, I hereby grant the permission necessary to allow my child to participate in all events conducted by or attended by PG All Stars Cheer including but not limited to: cheer practice, classes, competitions, and community events. I understand that accidents can be a result of the nature of the activity and can occur with or without any fault on either the part of the athlete, PG All Stars Cheer, the coaches, the volunteers or facility where the activity/event is taking place. By allowing my child to participate, I am accepting the risk of an accident occurring or transmission of illness or disease (including but not limited to Influenza, colds, COVID-19, and COVID-19 related illnesses) and agree that the activities carried out in the course of participating in cheerleading are suitable for my child. I assume full responsibility for my child's participation. Through participation, I am admitting awareness of the usual risks and danger inherent in participating in all of the activities offered by PG All Stars Cheer and the possibility of injury both minor and serious, illness, property damage or loss of life resulting from the activities. I waive any and all claims that I may have against, and release all liability and agree not to sue, PG All Stars Cheer, its coaches or volunteers for any personal injury, property damage or loss sustained as a result of my child's participation in the programs, arising out of any cause whatsoever. I hereby warrant that I have read this Participant Release and Waiver form in its entirety and fully understand its contents. I am aware that this Participant Release and Waiver Form releases PG All Stars Cheer, its coaches and volunteers from liability and contains an acknowledgement of my voluntary and knowing assumptions of the risk of injury or illness. I have signed this document of my own free will.

Appearance Agreement and Age Verification

I understand that PG All Stars Cheer, from time to time, may participate in promotional material relating to its programs, its sponsor's programs and the programs and events of other cheerleading organizations and governing bodies. I understand that as a participant and/or spectator of the event that I/my child may be included in videotapes and/or photographs taken during the event. Therefore, without reservation or limitation, on my own behalf and on behalf of my child, I hereby assign, transfer and grant PG All Stars Cheer, its successors, assignees, licensees, sponsors, any television networks, newspapers, news websites, BCCA, IASF, Cheer Canada and all other commercial exhibitors the exclusive right to photograph and/or videotape my child and utilize such videotapes and photographs and my child's name, face likeness, voice and appearance as part of the event, in advertising and promotions for any current or future events. I further understand that neither PG All Stars Cheer nor any third party is under any obligation to exercise any of the foregoing rights, licenses and privileges. I, on my own behalf and on the behalf of my child, verify that the date of birth of my child is accurate and truthful. By signing the I agree to not allow my child to be placed in an age division that is not appropriate by applicable governing body standards, including but not limited to BCCA, IASF, and Cheer Canada.