



Registration Package: 2020 - 2021 Full Competitive Season

Thank you for your interest in PGASC, where we are **ONE TEAM**, with **ONE DREAM**!

Prince George All Stars Cheer welcomes you to join our THIRD season! We are proud to offer competitive and recreational programs for athletes ages 4-19.

***We've recently added 4 year olds to our NEW TEAM: "Mini Fireballs".**

We provide a positive, safe, competitive and fun environment while delivering programs that are designed to develop strong, committed athletes and well rounded leaders.

Regular Competitive Season **Registration Opens:** October 3, 2020. Register online at www.pgallstars.com

IMPORTANT: Please note this is our regular competitive season registration package. If your athlete is currently registered in Competitive Preseason and you wish to have them continue with competitive cheer until May 2020 please review this package and register your athlete for "Team Placements".

Connect with Us!

639-571-3939 (Coach
Jess)
www.pgallstars.com

Practice Location:

777 Kinsmen Pl



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COMPETITIVE PROGRAMS

No Cheer experience is needed for any of our Programs!

Prospective Teams

We are looking to offer 3 teams this competitive season, the divisions the teams will fall under will be determined by placement turnout. Please note there is an overlap in birth years for the divisions and athletes may qualify for multiple teams. Athletes will be notified by PGASC after team placements as to which team division they will be on.

Preseason Athletes: Current groups (PINK, NAVY, and PURPLE) will differ once Team Placements has been completed. You can expect to see new faces on your competitive team!

Team	Division	Birth Year (inclusive)	Level	Spots Available
Fireballs	U8 Prep	2012-2016	L1 Prep	15 athletes
Dragons	U12 Prep	2008-2013	L1 Prep	15 athletes
Knights	U17 Prep	2003-2011	L1 Prep	15 athletes
Conquer	U17 Elite	2003-2011	Elite All-star	Invite only

Prep VS Elite

Our **Competitive Prep** teams are the option for you if you are able to commit to the full 7 months of the competitive season (November to May). These teams practice 2 times a week, compete at 2-3 out of town (BC only) competitions, 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 showcase and competition dates). Please note that due to varying financial situations due to COVID-19 we have reviewed our costs and made some adjustments so we could reduce/maintain our monthly tuition. Our choreography will be created in-house which will ensure our choreography costs are affordable, we will be teaching in-class tumbling to reduce the need to additional classes outside of practice, we will be staying our current facility.

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 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 Placement and Tryout page for more details. New athletes are welcome to try-out, no prior cheer experience is necessary to make our Elite teams!

PRACTICE SCHEDULE

Check out the Prospective Team chart for age information for each team. If the athlete age has the potential to fall into two groups and there is a schedule conflict with one of the team times please contact us at PGCheerleading1@gmail.com to discuss.

SUN	MON	TUES	WED	THUR
U17 Elite 4 - 6pm				
		U8 Prep 5 - 6pm	U8 Prep 5 - 6pm	
		U12/U17 Prep 6 - 7:30pm	U12/U17 Prep 6 - 7:30pm	U17 Elite 6 - 8pm
			U17 Elite 7:30 - 9pm	

*Extra practices may be scheduled within the last few weeks prior to a competition

TEAM PLACEMENTS & TRYOUTS

Athletes will be required to attend Team Placements on both days, prior to being placed on one of our competitive teams. During Team Placements, athletes will perform a variety of skills with their current age group but be evaluated individually by coaching staff.

Registration is open:

October 3 - 27

PGAllstars.com

Placement fee:

Preseason & Recreation Athletes \$30 | New Athletes \$150.

This covers coaches time and facility rental.

Placement Dates:

October 27th and October 28th and will be approximately 1 hour in length.

Following Team Placement dates, you will receive an email by October 29 at 10pm with your assigned team name!

Times (same as Preseason):

4:00pm - Ages 4 - 8

5:00pm: Ages 9 - 12

6:00pm: Ages 13-18

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 our 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. And 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 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 Team Placements and during the season for Competitions? Sign up for a Private Lessons with Coach Jess, Coach April, and/or Coach Emily. Review their focuses and book online on our website!



TUITION AND FEES

Discounts (cannot be combined)

Refer a Friend (Competitive only) - 1 month free of regular season tuition

New Athletes: \$150 Registration Fee (registration + placement)

Preseason & Recreation Athletes: \$30 Placement Fee

	Monthly Tuition (1st of the month)	Cheer Shoes	Uniform
Competitive Prep 	\$120/month <u>Includes:</u> <ul style="list-style-type: none"> • 2 practices/week • Athlete Membership (BCCA/ Cheer Canada) • Competition athlete registration fees • Facility, music, choreography, coaching, and administrative fees 	\$105-\$130 Next order of Shoes will be November 29, 2020 We recommend "Nfinity" or "Varsity" cheer shoes for competitive.	\$130 (If purchasing new)
Elite Competitive 	\$150/month <u>Includes:</u> <ul style="list-style-type: none"> • 3 practices/week • Athlete Membership (BCCA/ Cheer Canada) • Competition athlete registration fees • Facility, music, choreography, coaching, and administrative fees 	\$105-\$130 Next order of Shoes will be November 29, 2020 We recommend "Nfinity" or "Varsity" cheer shoes for competitive.	\$370 (If purchasing new)

Disclaimer:

- Travel and accommodations for competitions are not covered as parents/guardians are responsible for getting their athletes to and from competition.
- NO refunds for any fees, please see refund policy for more information about refunds.
- Fees DO NOT include: other extra club merchandise (T-shirts, sweeter, bags etc)

Late Fees:

- All monthly tuition dues that are not paid by the 1st of the month will incur a \$20 late fee. See more about late fees in our "Policies, Rules, and Expectations".

COMPETITIONS

Competition dates are confirmed but BC Cheerleading Association has not yet confirmed if these events will take place in-person and if they do what they will look like.

We will continue to receive and relay updates from BC Cheerleading Association to athletes and families on what competitions will look like this year.

We will be moving forward with creation of competition routines and stunting.

In addition to competitions, PG All Stars Cheer will hold our own “events” to show parents the skills they are learning and their routine so far.

SAVE THE DATES:

PGASC Showcases: December 5, 2020 and February 6, 2021

	Competitions			
	Mardi Parti	Feel the Power	BC Provincials	OKCC
U8 Prep - Mini FireBalls		X	X	X
U12 Prep - Dragons		X	X	X
U17 Prep - Knights		X	X	X
U17 Elite - Conquer	X	X	X	X

Competition Dates:

Mardi Parti (Richmond Olympic Oval): February 20 or 21, 2021

Feel The Power West (Vancouver PNE Forum): Saturday, March 6, 2021

BC Provincials (Vancouver PNE Forum): Sunday, March 7, 2021

Okanagan Cheerleading Championships (OKCC) (Lake Country, George Elliot Secondary School): Likely the 1st weekend in May (not officially confirmed)

How to Register for Competitive

1. Register for Team Placements online at pgallstars.com
 - a. New athlete
 - b. Preseason athlete
2. Create your Website Membership at pgallstars.com under “Parent’s Corner”
 - a. Download the “Wix” app and sign into your PG All Stars account/profile
 - b. Here you will have access to the Shop, Buy & Sell, track your payments, and more!
3. Register for BC Cheerleading Association and Cheer Canada in one quick step.
 - a. Go to cheer-reg.com and scroll down, click on British Columbia, then “JOIN”
 - b. 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).
4. Purchase Cheer Shoes on our website/app “Shop”. You can pre-order up until November 29, 2020. Cheer shoes are part of the athlete’s mandatory attire for competitions.
5. Uniforms will also be available on our website after Team Placements have been completed and teams have been made. 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!

HEALTH & SAFETY, RETURN TO SPORT

This is for the full competitive season where we are focused on creating a routine and there will be mandatory aspects of practices and, hopefully, competition where physical distancing cannot be maintained.

The following Return to Cheer Protocol and progressive loosening of social distancing is in line with Provincial regulations and approved by VIA Sport. It is imperative that regional health and WorkSafe regulations are followed which may change and supersede what is documented here.

At this time, public viewing of classes is not permitted. Sport Specific Guidelines for future stages will be released closer to the transition into the Phase 4 of the BC Restart plan.

Athlete attendance is being taken at all practices/classes/lessons, etc.

Our Health & Safety Procedures will continue with the following adaptations:

- Only athletes and coaches will be allowed to enter the gym. Parents, please wait in the parking lot or drop off and come back.
- Bathroom facilities will be available on a limited basis (one athlete at a time and sanitized after each use). Please arrive dressed and ready for cheer.
- Physical distancing will be in effect; 2 meters/6 feet between athletes and/or coaches. This will be in effect between siblings and within “bubble” friends as well.
- Physical distancing will extend into the parking lot (i.e. parents). Please avoid standing in groups. It is important for members of PGASC to abide by all provincial legislation for businesses, related to COVID-19.
- All coaches will be wearing masks. Masks are optional for all athletes (not provided).
- Athletes must arrive to practice with minimal belongings. Suggested to bring a water bottle, cheer shoes, and phone/device, if needed.
- Hand sanitizer, disinfecting wipes, and cleaner for footwear will be provided.

DROP OFF AND PICK UP:

When dropping off your athlete, we ask that you arrive at the designated time. If you are early, please wait in your vehicle until there is an available social distancing marker on the ground.

MASKS

The use of non-medical masks should be considered in situations where physical distancing cannot be maintained and where the implementation of other control measures is not feasible.

At PGASC, athletes will be required to bring a mask will to all practices. Athletes will be required to wear a mask when they are stunting or when physical distancing cannot be maintained (e.g. choreography). They will also be required during choreography and dance where physical distancing cannot be maintained. For aspects of the practices, for example, warm up and stretch and conditioning, the mats can be separated and the athletes will be in their spaces, where they can be without a mask and physical distancing can be maintained.

*If you would like to purchase a club mask, PGASC masks will be for sale on our website once we receive them.

What if I forget my mask at home?

- **Purchase:** you can purchase a non-medical disposable mask for \$1.00. If you do not have any money, then you will be conditioning in a physical distancing space for the duration of the practice.
- It is important to come to practices prepared with your water bottle, proper attire (hair up, work-out clothes/no jeans) cheer shoes, and now, a mask.

**Reminder: 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. If you are not able to participate in stunting because you do not have your personal mask and don't have money to purchase one, it may result in your stunt group (other athletes) not stunting as well.*

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.

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 will 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 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 a 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 athlete will be missing practice. If coaches are not notified prior to practice of an athletes 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.

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 athletes have missed and we will do our best to get athletes caught up on changes that were made during an athletes 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.

Injuries: All injuries are to be reported to your coach immediately no matter how significant 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.

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 to wear over a sports bra 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 you each 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.

COVID-19: A reminder to bring and wear minimal belongings as we want to do our very best to contain the spread of germs/bacteria/viruses. This will evolve throughout the season as we experience the Fall to Winter months and then back into Spring. The amount of clothing needed to endure the weather will change and we hope to accommodate as much as possible while keeping our risks of contamination as low as possible.

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.

THANK YOU FOR YOUR INTEREST IN PG ALL STARS CHEER!

**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 there 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. Our 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. Thought 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 arches 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 participate 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, it's successors, assignees, licenses, sponsors, any televisions 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, ISAF, and Cheer Canada.