



PCG Viper Parent Handbook



Table of Contents

About Cheerleading2
About Vipers2
Coaches Directory3
Coaching Staffs4
Team Level Grid and Practice Times5
Team Selection and Levels7
Gym Rules8
• Sportsmanship8
• Spotting and Coaching8
• Food and Drink8
• Practices9
• Attendance9
• Academics9
Competitive/Elite Fees10
Mini Fees12
Recreational Class Fees13
Other Fees14
• Apparel14
• Insufficient Funds15
• Refunds15
• Competition Schedule17
○ <i>Y2, J2, S2</i>18
○ <i>J3, S3</i>19
○ <i>Senior 4</i>20
Tumbling Lessons21



About Cheerleading

Cheerleading is a team-based sport. Originally designed to lead crowds in cheers for their sporting teams (traditionally football), the sport has evolved over the years to become its own entity called **All-Star Cheerleading**—cheerleading independent of other sports that it was designed to support. All-Star Cheerleading combines various elements including stunting, jumps, tumbling, and dance into two minute and thirty second-long routines that are judged based on difficulty, technique and creativity at various competitions throughout the season.

About Vipers

The Power Cheer Gym Vipers (PCG) are dedicated to providing a fun, but competitive environment for athletes where they can learn, perfect and grow their skill set within the context of cheerleading. We strive to create a positive environment where athletes can excel. **At the PCG, team always comes before the individual, as is the nature of cheerleading.** Together we are stronger!

We take pride in being one of the first All-Star Cheerleading gyms in Canada and being the practice facility for the 25-time National Champion UWO Mustang Cheerleading Team.

We strive to build strong athletes and strong people. Part of our philosophy revolves around giving athletes an experience—one that they can share with their parents, friends and family, but also something that they can have separate of their parents, friends and family. This separation allows them to bring something that they can be proud of back to those that they love, fostering confidence. We ask that you allow your athlete an experience that they can bring home to you by balancing your participation in the gym and during competition with this separation. Give your child something they can be excited to share with you when they get home.



Coaches Directory

Coach Trace (Owner, C4)

USASF Certified Level 5

Phone: 519-902-1270

Email: pca@powercheerleading.com

Aaron Robinson (Admin, Y2, S2, J3, C4)

USASF Certified Level 4

Phone: 226-234-5755

Email: uwocheera3@gmail.com

Jo-Ann Austria (Y2)

Phone: 519-317-2875

Email: joann.austria@hotmail.com

Cole Baker (J2)

Phone: 519-859-4607

Email: uwocheercole@gmail.com

Brandon Bernatowycz (J3)

USASF Certified Level 5

Phone: 519-280-6254

Email: pcabrandon@yahoo.ca

Erin Boughner (Y2)

Phone: 519-709-0336

Email: xcheererinb@gmail.com

Tiffany Bush (J3)

USASF Certified Level 5

Phone: 226-980-6833

Email: uwocheertbush@gmail.com

Myles Cruickshank (J2)

USASF Certified Level 3

Phone: 519-719-6567

Email: uwocheermyles@gmail.com

Nikki Feige (S2)

USASF Certified Level 2

Phone: 519-851-4385

Email: nfeige@uwo.ca

Kurt Ford (S3)

Phone: 519-318-7207

Email: uwocheerkurt@gmail.com

Kaitlyn Harvey (S3)

Phone: 519-933-7340

Email: uwocheerkaitlyn@gmail.com

Samantha Hodgins (Y2, Mini, Rec)

Phone: 519-200-0642

Email: viperssamanthah@yahoo.ca

Nakema McManamna (J2)

USASF Certified Level 2

Phone: 519-318-7173

Email: uwocheernakema@gmail.com

Natalie Mills (Mini, Rec)

Phone: 519-777-8364

Email: vipersnataliem@yahoo.ca

Erika Schulze (C4)

Phone: 519-614-4723

Email: uwocheererika@gmail.com

Garrett Skinn (S3)

USASF Certified Level 3

Phone: 519-852-0924

Email: garrett.skinn@gmail.com

Tonya Stilitano (J2)

USASF Certified Level 3

Phone: 519-854-2864

Email: viperstonyas@yahoo.ca



Coaching Staffs

- Administration
 - Coach Trace
 - Aaron Robinson
- Senior Co-Ed 4
 - Coach Trace
 - Aaron Robinson
 - Erika Schulze
- Senior 3
 - Garrett Skinn
 - Kurt Ford
 - Kaitlyn Harvey
- Senior 2
 - Aaron Robinson
 - Nikki Feige
- Junior 3
 - Brandon Bernatowycz
 - Tiffany Bush
 - Aaron Robinson
- Junior 2
 - Myles Cruikshank
 - Tonya Stilitano
 - Nakema McManamna
 - Cole Baker
- Youth 2
 - Aaron Robinson
 - Jo-Ann Austria
 - Erin Boughner
 - Samantha Hodgins
- Mini
 - Samantha Hodgins
 - Natalie Mills
- Youth/Junior Recreational
 - Natalie Mills
 - Samantha Hodgins



Team Level Grid and Practice Times

<i>Age as of Aug. 31st</i>	<u>Recreational</u>	<u>Level 2</u>	<u>Level 3/4</u>
8 and under (Mini)	Mini <i>Saturdays 9am-10:30am</i>		
8-11 (Youth)	Recreational Class <i>Saturdays 10:30am- 12pm</i>	Youth 2 <i>Wednesdays 5:15pm-7:15pm Sundays 3pm-5pm</i>	
11-14 (Junior)		Junior 2 <i>Mondays and Thursdays 5:15pm-7:15pm</i>	Junior 3 <i>Tuesdays 7pm-9pm Sundays 1pm-3pm</i>
14-18 (Senior)		Senior 2 <i>Tuesdays 5:15pm-7:15pm Saturdays 12pm-2pm</i>	Senior 4 <i>Wednesdays 7pm-9pm Sundays 11am-1pm</i>
			Senior 3 <i>Mondays and Thursdays 7pm-9pm</i>

- Recreational – one practice per week, (“Mini” attends limited local competitions)
- Level 2 – two practices per week, travel in Southwest Ontario
- Level 3/4 – two practices per week (plus open gym for seniors), international travel (*passport required*)



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM							
8:30AM							
8:00AM							
9:00AM							
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10:30 PM							
11:00 PM							
11:30 PM							

POWER CHEER GYM

London

SEPTEMBER-MAY 2011-12 Practice Schedule

PLEASE NOTE - THE 15 MINUTE OVERLAPS ON ALL MID WEEK PRACTICES.

SENIOR COED 4
11:00-1:00

JUNIOR LEVEL 3
1:00-3:00

YOUTH LEVEL 2
3:00-5:00

WESTERN MUSTANGS
5:00-7:00
(PRE-COMP MONTHS)

BLACK FALCONS
7:30-9:30

GYM CLASSES
START @ 4:00

JUNIOR LEVEL 2
5:15-7:15

SENIOR LEVEL 3
7:00-9:00

OPEN VIPERS
9:00-11:00

GYM CLASSES
START @ 4:00

SENIOR LEVEL 2
5:15-7:15

JUNIOR LEVEL 3
7:00-9:00

WESTERN MUSTANGS
9:00-11:00

GYM CLASSES
START @ 4:00

YOUTH LEVEL 2
5:15-7:15

SENIOR COED 4
7:00-9:00

BLACK FALCONS
9:00-11:00

GYM CLASSES
START @ 4:00

JUNIOR LEVEL 2
5:15-7:15

SENIOR LEVEL 3
7:00-9:00

WESTERN MUSTANGS
9:00-11:00

OPEN STUNT & TUMBLE
ALL TEAMS
3:30-5:30

RENTAL AVAILABILITY FOR TEAMS

MINI
9:00-10:30

REC TEAM
JUNIOR/YOUTH
10:30-12:00

SENIOR LEVEL 2
12:00-2:00

ADD'L TEAM SLOTS
- GYM LESSONS
- RENTAL AVAILABILITY FOR TEAMS



Team Selection and Cheerleading Levels

PCG follows the USASF/IASF guidelines. The International All-Star Federation is a global body that determines rules and guidelines for cheerleading all over the world. The following skill table is used as a tool for the staff when placing athletes on teams. However, skills are not the only factor involved in team placement.

PCG reserves the right to move athletes from one team to another at the coaches' discretion.

More information on cheerleading skill levels can be found at <http://usasf.net/safety/cheerrules/>

Level	Standing Tumbling	Running Tumbling	Jumps	Stunting	Tosses
Level 1	Back/Front Walkovers	Cartwheel, Round-off	Toe touch, pike, side hurdler	Thigh height skills	N/A
Level 2	Back handspring	Round-off back handspring	Double toe touch, pike, side hurdler	Proficiency in basic shoulder height stunt techniques	Only straight ride positions allowed
Level 3	Back handspring series of 2 or more	Round off back handspring tuck or round off back tuck	Triple toe touch back handspring, pike, side hurdler	Tops: Proficiency in air positions of all liberty (1 legged) positions, full twist dismounts from shoulder height	Up to 1 trick allowed during a toss. Tosses with 1 twisting rotation
Level 4	Handspring tuck or standing tuck	Round-off back handspring layout, front tuck step out to layout or passes with whips	Triple toe touch back handspring back handspring, pike back handspring, side hurdler back handspring	Tops: Mastery of all air positions, single twisting dismounts (extended), double full twists from shoulder height, proficiency in braced flips	2 tricks allowed during a toss. Kick Full Basket Toss (Straight body) Tosses with 2 twisting rotations
Level 5	Standing Tuck minimum, back handspring to layout or twisting element	Round-off back handspring full/double, Arabians, and other twisting variations	Triple toe touch back tuck, pike back handspring, front hurdler front tuck	Tops: hyper extended air positions, mastery of double twists and single braced flipping elements	2 1/4 rotations allowed during a toss. Kick Double Full Basket Toss



Gym Rules

The PCG is not responsible for any property that is lost or stolen on the premises.

Sportsmanship

- All athletes, parents, and coaches are expected to be respectful and courteous to all other athletes, parents and coaches at all times, in the gym or otherwise.
- At competitions, any one representing the PCG Vipers is expected to be respectful and courteous to other gyms, athletes, parents, coaches, or competition/venue staff.
- At competitions, all athletes will stay until after the awards ceremony and congratulate others on their accomplishments.
- Anyone representing the PCG Vipers will conduct himself or herself online (Facebook, Twitter, Chat, etc.) in a respectful, courteous, and appropriate manner.

Spotting and Coaching

- Only qualified coaches and instructors may spot tumbling in the PCG.
- Only PCG staff may coach PCG athletes during practices. Parents and guardians are asked to bring any concerns they may have to the coaches **before or after practice** instead of interrupting practice either by speaking with the coach or coaching their athletes or other athletes from the parent's area.
- All tumbling and stunting material that is not mastered should not be practiced outside of the PCG for safety reasons.

Food and Drink

- There is to be no food at the PCG. Any team treats must be handed out to athletes as they leave the gym. Absolutely no gum/candy/etc. is allowed during practice.
- Only water and sports drinks are allowed in the PCG, but must remain off the matted area.
- As an athletic organization, we ask that parents do not smoke on the premises, including the parking lot.

Academics

- Academics should be your number one priority, not your number one excuse. Make sure that your time is managed correctly to allow success in school and in the gym.



Practices

- Given the intricate nature of group stunts, pyramids and choreography, **all practices are essentially mandatory**, unless otherwise specified by your coach.
- Team Dress Code applies at all practices, unless otherwise specified by your coach.
 - Vipers T-Shirt and/or Sports Bra
 - Vipers Shorts
 - White Ankle Socks
 - Cheer Shoes
 - No Jewelry/Piercings
 - Secured Hair (up in a ponytail with all hair clear from athlete's face)
- Athletes are NOT PERMITTED to use their cell phones during practice and are required to either have them on silent or turn them off.
- While we encourage parent support, we do ask that parents do not stay for practice. This helps keep athletes excited about cheerleading by giving them stories to bring home.
- PCG Vipers Coaching Staff reserve the right to remove parents from the gym and/or close any or all practices to spectators.

Attendance

- **Attendance at all practices and competitions is mandatory**, especially during the routine-building and competition part of the season.
- In case of illness or injury, athletes are required to attend practice, but may be asked not to participate. This is important for the athlete to know what changes in choreography might be made during the period of illness or injury.
- Other absences may be excused when appropriate notice is given to coaches. Any appointments are to be scheduled around practice time.
- Any missed practice may result in penalty at the coaches' discretion.
- Please **discuss** any extenuating circumstances that may inhibit an athlete's attendance at practice with your coaches.



Annual Finances/Fees

Annual Fees

Amount	Purpose	Due
\$226	Annual Gym Membership	At Registration
\$169.50	Annual Gym Membership – Sibling Rate	At Registration
\$24	Parent Association Fee (paid per family)	At Registration
CDN\$175 US\$145	Competition – Y2, J2, S2*	1 st payment: Nov. 1 st , 2011 2 nd payment: Jan. 20 th , 2012
CDN\$340 US\$150	Competition – J3, S3, C4*	1 st payment: Oct. 1 st , 2011 2 nd payment: Jan. 20 th , 2012
\$70*	Shoes*	dd/mm/yy

Tuition Payment Plans (as per fee chart on page 11)

- PCG is pleased to offer 3 different payment plans:
 - **Full Payment** – One payment for the entire year
 - **Two Payments** – Two payments made on September 1st and January 1st
 - **Four Payments** – Quarterly payments made on September 1st, November 1st, January 1st, and March 1st.

Methods of Payment

- The PCG accepts the following forms of payment for tuition:
 - Cash (membership fees and full tuition only)
 - Debit (membership fees and full tuition only)
 - Credit Card
 - Post-Dated Cheque
- The PCG reserves the right to refuse payment by any method other than cash.
- All competition fees are to be paid in cash. Some competition companies may require US funds.
- Clothing and apparel may be paid for by cash, debit, or credit.

* Approximation of cost



Youth 2, Junior 2, Senior 2 Tuition

Sept-Oct Start					Total Tuition
<i>Payments on:</i>	Sept 1/11	Nov 1/11	Jan 1/12	Mar 1/12	
Full Tuition	\$770.00			Save \$10	\$770.00
2 Payments	\$390.00		\$390.00		\$780.00
4 Payments	\$195.00	\$195.00	\$195.00	\$195.00	\$780.00

Nov-Dec Start					
<i>Payments on:</i>	Nov 1/11	Jan 1/12	Mar 1/12		
Full Tuition	\$580.00			Save \$10	\$580.00
2 Payments	\$295.00	\$295.00			\$590.00
3 Payments	\$200.00	\$195.00	\$195.00		\$590.00

Jan-Feb Start					
<i>Payments on:</i>	Jan 1/12	Mar 1/12			
Full Tuition	\$390.00			Save \$10	\$390.00
2 Payments	\$200.00	\$200.00			\$400.00

Junior 3, Senior 3, Co-Ed 4 Tuition

Summer Start					Total Tuition
<i>Payments on:</i>	July 1/11	Sept 1/11	Nov 1/11	Jan 1/12	
Full Tuition	\$970.00			Save \$10	\$970.00
2 Payments	\$490.00	\$490.00			\$980.00
4 Payments	\$245.00	\$245.00	\$245.00	\$245.00	\$980.00

Sept-Oct Start					
<i>Payments on:</i>	Sept 1/11	Nov 1/11	Dec 1/11	Jan 1/12	
Full Tuition	\$860.00			Save \$10	\$860.00
2 Payments	\$435.00		\$435.00		\$870.00
4 Payments	\$220.00	\$220.00	\$220.00	\$210.00	\$870.00

Nov-Dec Start					
<i>Payments on:</i>	Nov 1/11	Dec 1/11	Jan 1/12		
Full Tuition	\$650.00			Save \$10	\$650.00
2 Payments	\$330.00		\$330.00		\$660.00
3 Payments	\$220.00	\$220.00	\$220.00		\$660.00

Jan+ Start					
<i>Payments on:</i>	Jan 1/12	Feb 1/12			
Full Tuition	\$430.00			Save \$10	\$430.00
2 Payments	\$220.00	\$220.00			\$440.00



“Mini” Finances/Fees

Annual Fees

Amount	Purpose	Due
\$113	Annual Gym Membership	At Registration
\$24	Parent Association Fee (paid per family)	At Registration
TBA	Competition	TBA

Methods of Payment

- The PCG accepts the following forms of payment for tuition:
 - Cash (membership fees and full tuition only)
 - Debit (membership fees and full tuition only)
 - Credit Card
 - Post-Dated Cheque
- The PCG reserves the right to refuse payment by any method other than cash.
- All competition fees are to be paid in cash. Some competition companies may require US funds.
- Clothing and apparel may be paid for by cash, debit, or credit.

“Mini” Tuition

Sept-Oct Start					Total Tuition
<i>Payments on:</i>	Sept 1/11	Nov 1/11	Jan 1/12	Mar 1/12	
Full Tuition	\$500.00				\$500.00
2 Payments	\$250.00		\$250.00		\$500.00
4 Payments	\$125.00	\$125.00	\$125.00	\$125.00	\$500.00

Nov-Dec Start				Total Tuition
<i>Payments on:</i>	Nov 1/11	Jan 1/12	Mar 1/12	
Full Tuition	\$375.00			\$375.00
2 Payments	\$187.50	\$187.50		\$375.00
3 Payments	\$125.00	\$125.00	\$125.00	\$375.00

Jan-Feb Start			Total Tuition
<i>Payments on:</i>	Jan 1/12	Mar 1/12	
Full Tuition	\$250.00		\$250.00
2 Payments	\$125.00	\$125.00	\$250.00



Recreational Class Finances/Fees

Fees

Amount	Purpose	Due
\$113	Annual Gym Membership (Sept Start)	At Registration
\$56.50	Gym Membership Fee (Jan. Start)	At Registration
\$35	Monthly Tuition	See payment options

Recreational Class Payment Format

- Recreational Classes occur in two terms
 - Term 1: September – December
 - Term 2: January – April
- Payment can occur in full for each term or in two payments per term.
 - Full Payment/term - \$140
 - Two Payments/term = \$70
 - Term 1 payments: September 1st and November 1st
 - Term 2 payments: January 1st and March 1st
- Please note that only new members pay the January start membership fee.

Methods of Payment

- The PCG accepts the following forms of payment for tuition:
 - Cash (membership fees and full tuition only)
 - Debit (membership fees and full tuition only)
 - Credit Card
 - Post-Dated Cheque
- The PCG reserves the right to refuse payment by any method other than cash.
- Clothing and apparel may be paid for by cash, debit, or credit.



Other Fees[†]

Other fees associated with cheerleading may include, but are not limited to:

- Clothing/Apparel
- Travel costs
- Competition entry for spectators (approx. \$5-\$20)
- Make-up (approx \$15)
- Cheer Bows (approx. \$10)
- Lost/Damaged Uniform (approx. \$150)

Apparel Price List -- All bolded items are required

<u>Item</u>	<u>Price</u>
ORANGE Tee (Crest and Wings)	\$12
WHITE Tee (Power Cheer Gyms)	\$5
WHITE Tee (Orange/Blue 'Flag')	\$12
Long Sleeved Tee	\$20
1/2 Mesh Sports Bra	\$25
Solid Navy Sports Bra (full logo embroidered)	\$30
Navy Team Shorts (Womens/Mens)	\$20
Navy Hooded Team Sweat Shirt	\$30
Sky Blue Hooded (Sewn on Letters)	\$40
Full Zip Hoodie (not always available)	\$30
Team Gym Bag	\$30
Vipers Jacket[‡]	\$75
Navy Wind Pants	\$30

[†] All fees/prices are subject to change at the discretion of the PCG

[‡] Jacket and Pants required for Junior 3, Senior 3, and Senior 4



Insufficient Funds

- If a cheque is returned as “Insufficient Funds,” the \$10 NSF fee will be required on top of the owed fees.
- If a credit card is declined, there will be a \$5 administrative fee added to owing fees.

Refunds

Every now and again, kids exit the Viper program. They quit, they lose interest, or they get too busy. No problem.

When exiting the program, we ask that you please let the head coach know and follow up with an email to the PCG Office: PCG@PowerCheerGym.com Please indicate the athlete's name, team, full mailing address to send the refund and to whom it should be payable to. We will calculate your refund and mail it out within 30 days of the receipt of your notice. If you do not receive it within this time frame, please give us a call: 519-434-1037

1. If you decide to leave **within 1 month of joining the team**, you get back:
 - a. The annual Gym Membership
 - b. The Parents Association fee
 - c. Any competition fees (if they have not been sent for event entry)
 - d. All tuition paid minus the one month that you were with the club.
2. If you decide to **leave within 2 months of joining the team**, you get back:[§]
 - a. Half of the annual Gym Membership fee
 - b. The Parents Association fee
 - c. Any competition fees (if they have not been sent for event entry)
 - d. All tuition paid minus the months that you were with the club.
3. Any team member who decides to exit **after being with the program for longer than 2 months**,
 - a. Forfeits Gym membership, Parent Association and any un-used Competition fees REGARDLESS of the time of year or number of events participated in.
 - b. Gets back all tuition paid minus the months that you were with the club.

[§]This MAY vary depending on which month you exited the program. For example: if you leave in September, there will have been no competitions or parent's association events, thus all fees are returned. If however you joined later in the season and departed during competition time, then non-refundable entry fees will have been paid and are thus not returned.



- A Note on Competition fees: These are typically paid well in advance of any given event. We will refund as per the respective policies of the individual event producers.
- A Note on Clothing: We really don't wish to have the used sports bras and briefs and used tee shirts "returned" when you exit. In cases where the clothing hasn't been used we will gladly refund them upon return. Although you chose to exit, we cannot re-sell your used garments to another member.
- A Note on Uniforms: Because individual members do not purchase the competition uniforms (they are owned by the gym), all members who exit the program will be expected to return all uniform articles before refunds are issued. Failure to return these items within a reasonable time frame will result in the member paying the full value of replacement (approx \$100-\$150) **Refunds will not be processed until all uniform items are returned and verified.**
- A note on familial situations: While we recognize that some families may run into obstacles regarding separations, divorce, custody issues, etc, it is policy that PCG will not engage in familial issues of this nature. As we ask of our athletes, "please leave your baggage at the door." Families will be billed and parents will be expected to pay, regardless of responsibility determined by courts.



Competition Schedule and Fee Breakdown**

Date	Location	Venue	Name	Teams Attending	Price
Nov. 12 th , 2011	Detroit, MI	Cobo Centre	JamFest Mega Jam	J3, S3, C4	\$70 (US)
Dec. 17 th 2011	London, ON	Carling Heights Community Centre	Power Cheer Christmas Competition	All PCG Teams	\$10
Jan. 13 th – 15 th 2012	Indianapolis, IN	Indiana Convention Centre	JamFest Super Nationals	J3, S3, C4	\$185 + travel
**Jan. 28 th 2012	Mississauga, ON	Hershey Centre	JamFest Mississauga	Y2, J2, S2	\$65 (US)
Feb. 12 th , 2012	Guelph, ON	Sleeman Centre	Love 2 Cheer	Y2, J2, J3, S2, S3	\$25
Feb. 25 th , 2012	Mississauga, ON	Hershey Centre	OCF South Regionals	All PCG Teams	\$45/\$65
Mar. 3 rd – 5 th , 2012	Kitchener, ON	The Aud	Cheer Evolution Provincials	All PCG Teams	\$75
Mar. 23 rd – 25 th	Myrtle Beach, SC	Myrtle Beach Convention Centre	Spirit Sports Battle at the Beach	C4	\$120 + travel
Apr. 14 th , 2012	London, ON	Western Fair Agriplex	GLCC Canadian Nationals	All PCG Teams	\$80 (US)
Apr. 21 st - 22, 2012	Mississauga, ON	Hershey Centre	OCF Provincials	Y2, J2, S2	Packaged with regionals

** These fees are not final. They are subject to change.



Competitive (Y2, J2, S2) Competition Schedule

Date	Location	Venue	Name	Price
Dec. 17 th 2011	London, ON	Carling Heights Community Centre	Power Cheer Christmas Competition	\$10
**Jan. 28 th 2012	Mississauga, ON	Hershey Centre	JamFest Mississauga	\$65 (US)
Feb. 12 th , 2012	Guelph, ON	Sleeman Centre	Love 2 Cheer	\$25
Feb. 25 th , 2012	Mississauga, ON	Hershey Centre	OCF South Regionals	\$65
Mar. 3 rd – 5 th , 2012	Kitchener, ON	The Aud	Cheer Evolution Provincials	\$75
Apr. 14 th , 2012	London, ON	Western Fair Agriplex	GLCC Canadian Nationals	\$80 (US)
Apr. 21 st -22, 2012	Mississauga, ON	Hershey Centre	OCF Provincials	Packaged with regionals

Payment options

- One payment due **November 1st**: CDN\$175, US\$145
- Two Payments
 - Due **November 1st**: CDN\$100, US\$65
 - Due **January 20th**: CDN\$75, US\$80



Elite (S3 and J3) Competition Schedule

Date	Location	Venue	Name	Price
Nov. 12 th , 2011	Detroit, MI	Cobo Centre	JamFest Mega Jam	\$70 (US)
Dec. 17 th 2011	London, ON	Carling Heights Community Centre	Power Cheer Christmas Competition	\$10
Jan. 13 th – 15 th 2012	Indianapolis, IN	Indiana Convention Centre	JamFest Super Nationals	\$185 + travel
Feb. 12 th , 2012	Guelph, ON	Sleeman Centre	Love 2 Cheer	\$25
Feb. 25 th , 2012	Mississauga, ON	Hershey Centre	OCF South Regionals	\$45
Mar. 3 rd – 5 th , 2012	Kitchener, ON	The Aud	Cheer Evolution Provincials	\$75
Apr. 14 th , 2012	London, ON	Western Fair Agriplex	GLCC Canadian Nationals	\$80 (US)

Payment Options

- One payment due **October 1st**: CDN\$340, US\$150
- Two payments
 - Due **October 1st**: CDN\$265, US\$70
 - Due **January 20th**: CDN\$75, US\$80



Senior 4 Competition Schedule

Date	Location	Venue	Name	Price
Nov. 12 th , 2011	Detroit, MI	Cobo Centre	JamFest Mega Jam	\$70 (US)
Dec. 17 th 2011	London, ON	Carling Heights Community Centre	Power Cheer Christmas Competition	\$10
Jan. 13 th – 15 th 2012	Indianapolis, IN	Indiana Convention Centre	JamFest Super Nationals	\$185 + travel
Feb. 25 th , 2012	Mississauga, ON	Hershey Centre	OCF South Regionals	\$45
Mar. 3 rd – 5 th , 2012	Kitchener, ON	The Aud	Cheer Evolution Provincials	\$75
Mar. 23 rd – 25 th	Myrtle Beach, SC	Myrtle Beach Convention Centre	Spirit Sports Battle at the Beach	\$120 + travel
Apr. 14 th , 2012	London, ON	Western Fair Agriplex	GLCC Canadian Nationals	\$80 (US)

Payment Options

- One payment due **October 1st**: CDN\$435, US\$150
- Two payments
 - Due **October 1st**: CDN\$240, US\$70
 - Due **January 20th**: CDN\$195, US\$80



Tumbling Lessons

If you would like your athlete to advance their tumbling skill level further, the most effective method is to take private or semi-private tumbling lessons.

- Single Sessions – You can book individual private/semi-private tumbling lessons without commitment beyond that single lesson. Availability is limited to available instructors and available timeslots.
- Recurring Appointments – You can book private/semi-private tumbling lessons at recurring weekly times until you decide to end. These recurring appointments get priority over single sessions.
- There are two levels of instructor depending on your tumbling needs.
 - *Level 1 Instructors* are for advanced tumbling (free flipping and twisting skills)
 - *Level 2 Instructors* are for mastering the basics (backhandsprings and below)

Pricing per athlete

Type of Lesson	Level 1 Instructor	Level 2 Instructor
Private	\$30	\$25
Semi-Private (2 people)	\$25/athlete	\$20/athlete
Semi-Private (3 people)	\$20/athlete	\$15/athlete

Level 1 Instructors

- Alex Molina
- Kurt Ford
- Amanda Preece
- Dillon Mugridge

Level 2 Instructors

- Will Carr
- Nakema McManamna (Jan.)
- Taylor Blanford
- Tiffany Bush
- Brandon Bernatowycz

To book tumbling lessons, please call or e-mail Aaron Robinson.

226-234-5755

uwocheera3@gmail.com