



Airbourne Cheer Athletics

Handbook 2020-2021

Updated August 11, 2020

Weyburn Gymnastics Club
1900 First Avenue NE

Welcome

Mission

Our mission is to provide an opportunity for Weyburn and area athletes to explore the sport of cheerleading with experienced and professional coaches. We will aid in the growth of our sport in Saskatchewan by instilling a love of cheerleading and passion for our sport in our athletes and families, while celebrating our accomplishments and embracing our challenges and experiences.

Vision

Our vision is to create mental and physical strength in our athletes in a safe, positive, and nurturing environment by challenging them to reach their full potential and display good sportsmanship at all times.

Reasons to Join

- Fun way to be active and learn teamwork
- Positive and structured environment for optimal learning
- Experienced coaching staff
- Make new friends while reaching personal and team goals
- Develop self confidence and form great physical habits

Follow Us on Social Media



@AirbourneCheer



@airbournecheer





Competitive Cheer

We offer pre-competitive teams for beginners aged 4-12 and competitive teams for ages 8 and up. Teams are decided according to skill level of the athletes as well as age groupings. Stunt technique and tumbling are two components that athletes must demonstrate when being considered for teams. Routines vary in length from one and a half to two and a half minutes.



Competitive Performance Cheer

Performance Cheer (formerly known as all star dance) has grown in Saskatchewan the last four years and combines elements of visuals, sharp motions, team lifts and tricks, and synchronized team elements. Teams perform a choreographed 1:45-2:15 minute routine set to music.



Recreational Cheer

Our Recreational sessions, which run for 10 weeks, are where the athletes learn the basics of cheerleading in a fun team environment. They may perform their skills and a mini routine for parents on the last day of class. Clean indoor footwear and athletic clothing should be worn to class. Registration for this class is in the Weyburn Gymnastics Club Amilia portal under Recreational Programs.



Competitive Indy and Duo Tumbling

Athletes can challenge themselves and compete tumbling skills at competition. This can be done individually (an 'indy') or synchronized with a partner (a 'duo'). Indy/duo routines are 1:00 in length and performed to music.



Private or Semi-Private Lessons

Private lessons are one on one with a coach and are designed to fit the needs of the athlete. Semi-privates are available with two or three athletes grouped together. Privates and semi-privates are great for athletes looking to advance their skills. For more information, contact Coach Taryn.



Teams

Competitive Performance Cheer

Indigo Macaws - International Open Pom

For athletes who will be 14 or older as of December 31, 2021. These athletes must have strong dance skills. Indigo Macaws will attend three "local" competitions and must be available to attend the Dance World Championships in Orlando on April 24-26 if the team earns a bid.

Competitive Cheer

Chickadees - U6 Novice

For birth years 2014-2017. Chickadees will attend two "local" competitions.

Hummingbirds - U12 Prep Level 1

For birth years 2008 - 2013 who have no cheer experience yet! "Prep" teams have a shorter routine length so this is perfect for this age group as they learn the fundamentals of competitive cheer.

Hummingbirds will attend two "local" competitions.

Bluebirds - U12 Level 1

For birth years 2008 - 2013 who have previous cheer experience. Bluebirds will attend three "local" competitions.

Starlings - U17 Level 1

For birth years 2003 - 2011. Preference will be given to athletes who have mastered level 1 tumbling (cartwheels, roundoffs, walkovers). Starlings will attend four "local" competitions.

Doves - U19 Level 2

For birth years 2001 - 2007. Preference will be give to athletes who have mastered level 2 skills (back handsprings). Good leadership, ability to apply corrections based on coach feedback, strong stunting, jumping, and performance skills are also required. Doves will attend four "local" competitions.

Level 3 Stunting

For birth years 2008 or earlier. This non-competitive class will focus on skill and technique development for athletes who want to "level up" and join our club's International Open travelling team for the 2021-2022 season. A strong work ethic and a desire to improve are required.

Team Composition

Athletes are typically placed on teams based on their skill level in stunting, jumps, and tumbling. All skill levels are welcome in our gym - cheerleading, gymnastics, and dance experience are an asset but are not required. Teams are built with the goal of providing a training challenge for our athletes while being successful at the competitive level. For this season, we are placing athletes primarily based on age category and experience with no tryout required.



Summer Training

Summer Training is standard in most gyms in North America as a way to have teams bond and begin conditioning for the competition season.

This year, because of the coronavirus pandemic, we will not have weekly summer training. Instead, we will continue to monitor the government and public health authority's recommendations and will plan and host skills camps with small groups in late August.

Skills Camps August 24-27

Skills Camp is where teams will work under the guidance of their coaches on learning new technique and skills, perfecting their basics, and setting up for a successful season of competition. This week is important for bonding and growing as a team as well as laying the foundation for their routine.

Athletes who commit to a team are expected to make attendance for skills camp a priority.

Bluebirds - 9:00 - 10:45 am

Starlings - 11:00 am - 1:00pm

Doves - 1:30 - 4:00 pm

NOTE: schedule is tentative and may be subject to change.

Training Tips

Athletes should always show up for training (be it regular practice or camps) prepared to work with:

- ✓ a water bottle
- ✓ appropriate athletic wear and footwear
- ✓ a healthy snack
- ✓ long hair tied back
- ✓ jewelry removed
- ✓ a positive attitude

For the focus and safety of all athletes, there are no cell phones allowed during training time.

Athletes are asked to leave cell phones in the cell phone holders for the duration of practice (on silent with no vibration, please!). Athletes will be instructed when they can check their phones for messages (at breaks, not during training time). If an emergency arises requiring parents to get in touch with their child, parents are asked to use the cheer gym phone.



Practice Schedule

Regular Schedule Effective September 8

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
4:00PM						
4:30PM		Starlings 4:15PM-5:45PM	Doves 4:15PM-5:45PM	Starlings 4:15PM-5:45PM	Doves 4:15PM-5:45PM	Level 3 Stunting 4:15PM-6:00PM
5:00PM						
5:30PM	Indigo Macaws 5:15PM-6:30PM					
6:00PM		Chickadees 6:00PM-6:45PM	Bluebirds 6:00PM-7:15PM	Hummingbirds 6:00PM-7:15PM	Bluebirds 6:00PM-7:15PM	
6:30PM						Open Nest 6:15PM-7:15PM
7:00PM	Fly Tumble Condition 6:45PM-8:15PM	Recreational Cheer 7:00PM-8:00PM				
7:30PM						
8:00PM						

Fly Tumble Condition

All athletes on Starlings and Doves are *required* to attend this class; the cost is included in tuition.

Athletes will train to perfect level appropriate skills and aim to gain higher level skills. Fly Tumble Condition will run all season starting Sunday, September 13th with the last class being held on March 14, 2021. There will be no classes on holiday weekends and/or choreography weekends. Check gym closure schedule for specific dates.

Open Nest

This is a place to practice skills under the supervision of a qualified coach outside of regular practice time. Open Nest is *free* to all Airbourne Cheer Athletics members* (\$10 for non-members) and will take place on Fridays from 6:15 - 7:15 unless otherwise posted on our social media and website - check Team App or our social media accounts often!

*Please note that athletes 8 and under require a parent or responsible supervisor to stay with them in the gym during Open Nest to ensure their safety.



Competitions

Can Competitions even happen this season?

Yes, competitions can still happen this season...but they will be in alternative formats. Due to the uncertainty about group gatherings, the Saskatchewan Cheerleading Association is planning virtual competitions for the 2020-2021 season. Tentative plans are to have one competition in the months of December, January, February, and March to most closely resemble the regular competition season. As soon as we know details and exact dates, we will update our calendar!

In addition to the competitions in province, Pom team members need to be available to attend Dance World Championships in Orlando, Florida which is tentatively scheduled to take place from April 23-26, 2021. This, of course, is only if the team earns a bid, travel restrictions are lifted, and the pandemic is contained. We will know more as the season progresses.

Uniform/Costume

New athletes will require a uniform package. Chickadee/Hummingbird uniforms are a custom t-shirt and bow. For all other teams, uniforms consist of a program wide body suit, bra, and skirt (all teams have the exact same pieces). Additionally, each team has a specific crop top and a bow that features their team colour.

Uniform costs are estimates calculated with input from our uniform supplier - we estimate high to ensure there are as few surprises as possible to our families. *Please note we only bill you the exact cost of the items, which will be charged to your Amilia account after the uniform order is finalized.*

Full uniform with skirt - \$495

By piece:

Crop top - \$210

Skirt - \$85

Bodysuit - \$75

Bra - \$75

Competition Bow - \$50

Coed Uniform - \$260

Long sleeve top - \$170

Pants - \$90

Dance Costume - \$175

Chickadees Shirt/Bow - \$65



Fees

Registration/Insurance Fees

Cheer Canada and the Saskatchewan Cheerleading Association (SCA) work together to provide services, including sport insurance, to all athletes for a low fee. *The cost is approximately \$20 plus tax and fees per athlete. Parents are required to register their own athlete and pay the fee online.*

Returning families already have a Cheer Reg account and can renew their athlete's membership at their convenience. New families who would like assistance can sign up for an appointment with a coach who will help them set up their Cheer Reg account. NOTE: Athletes **must** be registered in Cheer Reg before they can participate in our gym.

Admin Fee and Monthly Tuition

Admin Fee of \$75 is a non-refundable fee that must be paid when registering an athlete for Airbourne programs. Tuition payments begin August 1st; last payment is March 1st. Payments **do not** reflect the amount of training during that month. Most of the season's expenses are due in the fall but our payment system keeps your tuition costs consistent throughout the season!

NOTE: If registration occurs after July 31, tuition payments may fluctuate to ensure all payments are made in full by March 1. Please contact weyburngymclub@gmail.com if you have questions about payments.

Team	Born in	Monthly Tuition (8 payments)
Chickadees - U6 Novice	2014-2017	\$70
Hummingbirds - U12 Prep	2008-2013	\$85
Bluebirds - U12	2008-2013	\$135
Starlings - U17	2003-2011	\$155
Doves - U19	2001-2007	\$165
Indigo Macaws - Open	2007 or earlier	\$100
Level 3 Stunting	2008 or earlier	\$50



Fees

Team Tuition Fees include:

- *All training fees* (including all practice time and Fly Tumble Condition classes)
- Certified coaching staff
- Skills, choreography, and routine refresh camps
- Professional routine music
- Competition entry fees and coach expenses for virtual competitions
- Open gym access
- Program practice shirt
- Indigo Macaw poms
- Hummingbirds competition tshirt and bow.

Team Tuition Fees do NOT include:

- Bluebirds, Starlings, or Doves cheer uniform(s) (skirt, body suit, bra, team crop)
- Chickadees competition tshirt and bow (for new athletes)
- Indigo Macaw dance costume
- Cheerleading or dance shoes
- Black shorts (for Chickadee and Hummingbird athletes)
- Parent/athlete travel and hotel accommodations for in person competitions
- Optional team gear
- Fees/travel to the World Championships (for pom).
- Makeup (recommended brands and colours will be provided to families).

Crossover Athletes

Crossover athletes participate on multiple teams. Discounted tuition is available for athletes who meet the age requirements for Bluebirds and Starlings or Starlings and Doves. Crossovers are required to have two or more years of cheer experience or be recommended by a coach. Cheer Crossover Tuition is \$100 per month for 8 months. When registering in Amilia, select the higher tuition team first and then add the Crossover to your cart.

Financial Assistance

For some families, KidSport and Jumpstart may be available to help with the cost of programs. If your family may need to access this support, please apply well in advance, as the application process takes some time.

Link for Kidsport - <https://www.kidsportcanada.ca/saskatchewan/weyburn/>

Link for Jumpstart - <https://jumpstart.canadiantire.ca/pages/apply>



Fundraising & Registration

Fundraising Commitments

As a not for profit organization, Weyburn Gymnastics Club relies on fundraising, grants, and sponsorship to help cover the cost of overhead (rent, utilities, and equipment maintenance) and to help keep our fees as affordable as possible for families.

For the past several years, we have sold lotto tickets as our club-wide mandatory fundraiser. Sask Lottos provides us a grant (a percentage of our total ticket sales) for participating in their lotto program so this is a very beneficial fundraiser for our club. Approximately half of our yearly rent and utilities are covered by this fundraiser and we thank our families for their continued support. Competitive athletes in our club are required to sell two ticket books for the 2020-2021 season. There is also a buyout option for those who do not want to participate in this necessary fundraiser.

Other fundraisers are planned throughout the season to help families with the cost of training, uniforms, etc., starting with a club-wide bottle drive for all competitive cheer and gym athletes which takes place on September long weekend. More information will be sent from the Weyburn Gymnastics Club board closer to that date.

Take advantage of the fundraising opportunities provided by the club!

Club Registration Portal & Payment Information - Amilia

Families may begin registering their athletes for our teams in Amilia on July 20, 2020. If you have questions regarding which team(s) to register your athlete for, please email us! **Please complete registration in Amilia by July 31, 2020 to activate 8 month payment plan.** Registration after July 31 may affect monthly tuition amounts. **Registration for our competitive programs closes August 31, 2020.**

Please note: Weyburn Gymnastics Club has a \$25 NSF charge for returned payments. If at any point during the season you need to change your payment information (new credit card etc.) you need to fill in a Payment Change Form (available at the gym) and email it to the Weyburn Gymnastics Club board or place it in the locked mailbox outside the main gym club doors.

For questions about Amilia, please email the Weyburn Gym Club at weyburngymclub@gmail.com.



Important Dates

2020-2021 Season Overview Calendar

August 24 - 27	Skills Camps - B/S/D
September 8	Regular Practice Schedule starts - all teams
September 30 - October 4	Mandatory Cheer Choreography Camps - B/S/D
October 9 - 12	GYM CLOSED - Thanksgiving
October 16	Level 3 Stunt Class starts
October 31	GYM CLOSED - Halloween
November 6-7	Cheer Choreography Camps (tentative) - B/S/D
November 11	GYM CLOSED - Remembrance Day
December 5	Mandatory Cheer Choreography Camps - C/H/B
December 7-11	Parent Watch Week (tentative - pending health guidelines)
December 13	Christmas parties - all teams
December 19- January 2	GYM CLOSED - Christmas / New Years
January 3	Training Resumes
January 16	Picture Day - all teams
January 29	Showcase - all teams
February 13-20	GYM CLOSED - February break
February 21	Training Resumes
April 1	Last day of 2019-2020 Season*

*Pom trains until April 27 if they have earned a Worlds bid.



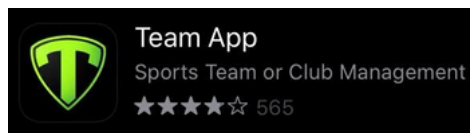
We will update the calendar as soon as we know details and dates of the competitions we will attend.



What Now?

STEPS TO JOIN THE AIRBOURNE FAMILY

- Read the handbook carefully. If you have any questions about what team your athlete should be on or need more information about a program, send us an email!
- Fill out an Athlete Information Form for each athlete by clicking on this link - [Athlete Information Form](#). Please use Chrome as your browser or the link may not work. Or type in / copy and paste this url:
https://docs.google.com/forms/d/e/1FAIpQLSe7N_kkyeD_tOKVDng9nnU6CSOT0tjIEG2XJ6pvaW_psYACBA/viewform
- Purchase your yearly membership to Cheer Canada and the Saskatchewan Cheerleading Association by clicking this link - [Cheer Reg.](#) or type in / copy and paste this url: <https://cheer-reg.com/#!/>
- Register your athlete(s) in Amilia, Weyburn Gymnastic Club's registration portal at this link - [Amilia portal](#). or type in / copy and paste this url:
<https://www.amilia.com/en/Login?ReturnUrl=https%3A%2F%2Fapp.amilia.com%2F%3ForgId%3D3624>
- Download Team App - our new communication tool! We will send you a link to our Airbourne Cheer Athletics Team using the email address you provide in your Athlete Information Form.



Please note: all athletes on Starlings and Doves will be added to their team groups along with at least one parent. Remaining team groups will be parents only.

We can't wait to watch you soar with us in Season 5!

