

REBELS CHEERLEADING ATHLETICS



# Competitive Information Package

Welcome to Rebels Cheerleading Athletics! I am so happy that you are interested in our program, and can't wait to welcome you to the family. Here at RCA, we are very proud of our ability to offer a highly competitive cheerleading program while also instilling strong values in our athletes. We don't just build great cheerleaders, we build great people too. This is largely possible because of our amazing staff! Our professional coaches have made cheer their passion, and you will love learning from and being motivated by them. They go the extra mile to ensure that every one of our athletes has a great experience here.

We have a large Cheerleading facility in Regina, with over 6000 sq. feet of space packed full of high-quality equipment. We have a full-size sprung floor, a 40-foot Tumble Track, a 40-foot Air Track, Olympic Trampoline, and a multitude of mats and fitness equipment.

2022 was an outstanding year for our club! Our International Open Level 5 team, Smoke, put cheerleading on the map in Saskatchewan by winning the World Championships! Our athletes and coaches felt like rockstars as they waded through the media whirlwind. We did countless radio and television interviews, were invited to the Saskatchewan Legislature, were recognized as finalists for the Team of the Year award at the Sask Sport awards, and even received the Queen's Jubilee Medal. The accolades continue to pile up even today, nearly a year after this incredible accomplishment. The fire that we saw in those athletes, that special spark that motivated them to work so hard, has spread through our entire club. We have never seen such drive and determination, from our Worlds team right down to our U8 level 1s. This has resulted in far too many trophies and grand championship banners to list here, so suffice it to say that we are incredibly happy with all of our team's performances in the 2023 competition season! We wish Smoke the best of luck defending their title at Worlds this year, and can't wait to cheer on Showdown at Summit for the third time. We are also proud to announce that our Worlds Program is growing! We have added a U18 NT Coed 6 team to our program and we cannot wait to be apart of their journey.

Cheerleading is absolutely booming in our province right now, and it would be a shame to be left behind. The future looks very bright at RCA.

Come join the family!

*Coach Eric*

# What's Happening at RCA

We offer Elite All-Star teams, introductory Prep teams, and Recreational Classes to fit all families' schedules and budgets. We also have a growing Performance Cheer program! With so many options, you are sure to find a team that fits your goals.

We have many new and returning initiatives this season:

**Team Tumbling:** Starting in September, all athletes on our All-Star teams will have 45-minute tumbling classes in addition to their regular practice time where they will focus on perfecting current level skills and routines!

**Tumbling Classes:** Classes for athletes to learn new skills and achieve their goals with our certified coaches.

**Strength and Conditioning Classes:** Gain strength, endurance and flexibility to help progress in all areas of our sport.

**TOPS Program:** A mandatory program for all flyers on our competitive teams to be coached on flexibility, stability, strength and performance.

**SHINE Program:** For our athletes who love the spotlight! This program is for all athletes wanting to compete in an individual, duo or group stunt competition.

**Level-Up stunt classes:** Opportunities for our athletes to train stunting with a high-level coach to help them prepare to move up to the next level.

## 2023/2024 Competitive Teams

Team Name	Birth Year	Predicted Division and Level	Summer Practices	Regular Practices
Baby Bullets	2015-2019	U8 Prep Level 1		
New Team!	2011-2016	U12 Prep Level 1		
Mini Mafia	2015-2019	U8 Level 1		
Rage	2011-2016	U12 Level 1		
Rampage	2007-2012	U16 Level 1		
Notorious	2011-2016	U12 Level 2		
Riot	2007-2012	U16 Level 2		
Showdown	2007-2012	U16 Level 3		
4orce	2005-2010	U18 Level 4		
Smoke	2008 or earlier	Open Level 5		
Rush	TBD	Pom/Hip-Hop/Jazz		
Revolution	2005-2010	U18 Level 6NT Coed*		

- A tentative schedule will be released soon, and finalized after Team Placements.
- We are growing our Performance Cheer program (Pom/Hip-Hop/Jazz) and will create additional teams if necessary!
- Division and/or level may change based on placement results.
- \*NT stands for Non-Tumbling. We strongly believe that based on our current athletes, we will be able to field a very competitive team in this division. It will be very important for athletes on this team to keep up their tumbling through classes or by also participating on 4orce.

# 2023/2024 Team Placements

Team Placements are a fun and easy-going environment. Our coaches work together to evaluate the athletes and place them onto the teams that are best suited to their skill set. Athletes will come to their scheduled time slot and have the chance to show off their skills! Placements will include jumps, tumbling, stunting and fitness. No experience necessary, everyone makes a team!

Schedule:

Age	U12	U16 Level 1/2	U16/U18 Level 3/4*	Worlds
Date and Time	Monday, May 8 <sup>th</sup> 5:30-7:00PM	Monday, May 8 <sup>th</sup> 7:30-9:00PM	Tuesday, May 9 <sup>th</sup> 5:30-7:00PM	Tuesday, May 9 <sup>th</sup> 7:30-9:00PM

We strive to create teams based on an athlete's entire skill set. This includes not just tumbling, but all other areas of the scoresheet as well such as stunting, pyramids, dance, motions, performance, etc. We create our teams based on the positions that we need to fill (bases, flyers, tumblers, etc.) to create the strongest teams possible and to ensure that every athlete is a contributing member of their team. Our staff have many years of experience creating and coaching teams, and it is important that athletes and parents trust the process! We have our athlete's best interests in mind and will work tirelessly to help them achieve their goals. If you have any questions after Team Placements, please reach out! We are happy to discuss our vision with you and create a plan to help you achieve your goals.

\*Level 3 and 4 athletes may be asked to stay for Worlds placements.

# Registration Information

Step 1: Go to our website and fill out the registration form, and it will be automatically emailed to us. This will secure you a spot on one of our competitive teams for the 2024 season!

Step 2: Come to the appropriate Team Placement for your age/current level. Here you will get to show our coaches what you can do! After Placements are complete, our staff will work together to create the most competitive teams possible.

Step 3: Attend our Proudly Purple Team Reveal at the gym, Thursday May 11<sup>th</sup> 7:00-8:30PM, which will be your first chance to meet your teammates and coaches. Practices start the first week of June!

Step 4: This year we are happy to bring back in-person registration! Parents should bring their athlete to ensure that they are sized for practice gear and uniforms. Attendance is mandatory for all athletes for sizing. Please attend at the specified time for your athlete's age group as outlined below:

May 15<sup>th</sup> 5:30-7:30 PM – U8/U16/Worlds

May 16<sup>th</sup> 5:30-7:30 PM – U12/U18

# Competition Schedule

Competition	Location	Date	Teams Attending
Stampede	RCA Gym	TBD, usually December	All Teams
Winter Knockout	Martinsville, SK	January 13, 2024	All Teams except Prep
Cold Snap	Edmonton, AB	January 19-21, 2024	Notorious, Rampage, Riot, 4orce, Rush, Revolution
Best of the West	Moose Jaw, SK	February 10, 2024	All Teams
NCA	Dallas, TX	March 1-3, 2024	Smoke, Showdown
Warman Cheer Classic	Warman, SK	March 8-10, 2024	All Teams
SCA Provincials	Saskatoon, SK	March 16, 2024	All Teams
Worlds	Disney, Orlando, FL	April 26-29, 2024	Smoke, Revolution (must qualify)
Summit	Disney, Orlando, FL	May 2-4, 2024	4orce (must qualify)

- 4orce will explore virtual competition options if none of our events offer Summit bids this season

# Fees

Team Name	Registration	Tuition	Uniform	Choreography	Tumbling	Competition Fees
Baby Bullets	\$150	\$950	\$250	N/A	N/A	\$100
U12 Prep	\$150	\$950	\$250	N/A	N/A	\$100
Mini Mafia	\$250	\$1475	\$400	\$50	\$200	\$170
Rage	\$250	\$1475	\$400	\$175	\$200	\$170
Rampage	\$250	\$1860	\$400	\$175	\$200	\$210
Notorious	\$250	\$1860	\$400	\$175	\$200	\$210
Riot	\$250	\$1860	\$400	\$175	\$200	\$210
Showdown	\$250	\$1860	\$400	\$175	\$200	\$400
4orce	\$250	\$1860	\$400	\$175	\$200	\$210
Smoke	\$250	\$2780	\$500	\$175	N/A	\$440
Rush	\$250	\$950	\$250	N/A	N/A	\$210
Revolution	\$250	\$1860	\$500	\$175	N/A	\$250

- Fees do not include GST.
- All fees are non-refundable once paid.
- Crossover Athletes receive 50% off tuition for their second team.
- This is the last year of our 3-year uniform cycle for club uniforms.
- This is the first year of our 2-year uniform cycle for Worlds teams.

Your fees include the following:

Practice gear, Program shirt, Uniform, Choreography, Music, Competition fees, Team Tumbling class, Team Photos, Cheer Canada membership, SCA Membership

Your fees do NOT include:

Shoes, athlete and parent travel costs, Worlds and/or Summit costs,

Note: Prep teams compete fewer times and have a simpler uniform to help reduce fees

We have various fundraising options available throughout the season that are completely optional. Families keep 100% of any funds raised to put towards fees/travel.

Referral Credit **\*NEW\***: Do you know someone who would love to be on a team at RCA? We are offering a \$50.00 referral credit to your account when your friend's registration is complete for a competitive team. Reach out to [info@rebelscheerleading.com](mailto:info@rebelscheerleading.com) for more information on how to receive your credit!

# Fee Schedule

Fee:	Due Date:
Registration Fee, Uniform Fee	At Registration
Choreography fee, Tumbling Fee	June 3 <sup>rd</sup> , 2023
First Installment	July 3 <sup>rd</sup> , 2023
Second Installment	August 3 <sup>rd</sup> , 2023
Third Installment	September 3 <sup>rd</sup> , 2023
Fourth Installment	October 3 <sup>rd</sup> , 2023
Fifth Installment	November 3 <sup>rd</sup> , 2023
Sixth Installment	December 3 <sup>rd</sup> , 2023

- Fees may be paid earlier than required – athletes paying for fees in one lump sum will receive 2 hours of FREE private tumbling lessons (\$126 value).
- Payment can be credit card or e-transfer. Invoices will be emailed at the start of each month
- Each installment is 1/6 of the total tuition amount plus GST

## Choreography

Choreography is tentatively booked with Trey for August 19<sup>th</sup>-30<sup>th</sup>. The full schedule for each team will be released after Team Placements are complete.

Attendance at choreography camp is mandatory for all athletes. This is when we learn the competition routine, and if athletes are absent, they run the risk of having a reduced role in the routine. It is very difficult to choreograph for someone when they are not there.



# Additional Information

## Gym Closures:

- Saturdays/Sundays for the months of June-August
- All statutory holidays
- Thanksgiving weekend
- Christmas break – follows school break
- NOTE: All competitive teams will practice over February break. Only Monday, February 19<sup>th</sup> will be closed.

## Attendance Policy:

- Attendance at all practices is mandatory for all athletes from August 19<sup>th</sup> – April 30<sup>th</sup>
- During the summer months, attendance is not mandatory, but strongly encouraged. Please remember that this is the portion of our season focused on skill development. Athletes that are absent from practice frequently may fall behind, and run the risk of having a reduced role in their routine at choreography.
- Extra practices are often scheduled for our teams around important events. These practices will be scheduled as early as it is possible for the coaches to do so, and are also mandatory.
- If an absence is necessary due to an unexpected event such as an illness, communication with coaches is very important so that practice plans can be adjusted.
- Our routines are impossible to practice effectively without every team member present. If you choose to do other activities such as other sports, musical theatre, etc. please ensure that they are aware you may miss frequently before you join. We are unable to compromise on attendance because unlike many other activities, when a single person is absent from our practices it affects the entire group negatively.
- For planned absences such as a vacation, parents must fill out the absence request form on our website. Please remember that these are requests, and may be denied, especially during competition season (September onward). Please ensure that you receive approval BEFORE booking your trip.
- No practices are to be missed for away competitions, unless communicated by coaches.

## Gym Policies:

- Please arrive at the gym ready for practice.
- Please follow all signage inside the gym
- Negative and/or disrespectful behaviour will not be tolerated. Athletes and parents are required to abide by all policies outlined in our athlete/parent contracts

## SCA/Cheer Canada Membership:

- The SCA and Cheer Canada provide insurance for our athletes in the unlikely event that an injury occurs at practice

## Gym Information:

- Rebels Cheerleading Athletics is located at 296 Henderson Drive, Regina, SK
- Email: [info@rebelscheerleading.com](mailto:info@rebelscheerleading.com)
- Website: [www.rebelscheerleading.com](http://www.rebelscheerleading.com)
- Find us on Facebook, Instagram, and TikTok

If you have any questions, please contact us and we will be happy to help!