

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.

2023 was another landmark year for our club. Our International Open Level 5 team, Smoke, made finals at Worlds for the second time in as many years, and Showdown, our U16 Level 3 team made it to finals and finished 6th in their division at Summit – yet another milestone that we reached first in our Province. The fires of motivation have continued to spread throughout our entire program, resulting in incredibly successful seasons for all of our teams. The 2024 competition season has started with a bang, with Showdown already making history by being part of the Winner's Circle at NCA, and having a fantastic showing at WCC where we took home both the zero deduction and the Top Gym awards. Provincials and Worlds are right around the corner to finish it off. A special shoutout to all of the athletes on our U18 Coed Level 6NT team, Revolution, who secured a bid to worlds on their first attempt at Best of the West, and upgraded it to a Partial paid on the next. Not a single one of them has ever been on a Worlds team before, yet their improvement throughout the season has been nothing short of extraordinary. They handle themselves with grace, determination, and above all else, class.

This year is set to be our biggest and best season to date. We have revamped our tryout process to allow for more hands-on instruction and more accurate placements. We are expanding our Prep program to improve access to our sport with less travel and lower costs. We will continue to work with industry leading choreographers that bring our routines to life in mind-blowing ways. And of course, we will do what we do best here at RCA – help guide our athletes to become the best versions of themselves, both on and off the mat.

Come join the family!

Coach Eric

What's Happening at RCA

We offer Elite All-Star teams, a growing Prep program, and Recreational Classes to fit all families' schedules and budgets. 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.

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.

2024/2025 Competitive Teams

Team Name	Birth Year	Predicted Division and Level	Summer Practices	Regular Practices
Baby Bullets	2016-2020	U8 Prep Level 1		
Snipers	2012-2017	U12 Prep Level 1		
New Team!	2012-2017	U12 Prep Level 2		
Mini Mafia	2016-2020	U8 Level 1		
Rage	2012-2017	U12 Level 1		
Rampage	2008-2013	U16 Level 1		
Notorious	2012-2017	U12 Level 2		
Riot	2008-2013	U16 Level 2		
Showdown	2008-2013	U16 Level 3		
U18 level 4	2006-2011	U18 Level 4		
Smoke	2009 or earlier	Open Level 5		
Revolution	2006-2011	U18 Worlds TBD		

- A tentative schedule will be released soon, and finalized after Team Placements.
- Division and/or level may change based on placement results.
- *NT stands for Non-Tumbling. It will be very important for athletes on this team to keep up their tumbling through classes or by also participating on U18 level 4.

2024/2025 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!

We are revamping our placement process this year so please read the following information carefully:

Cheerleading used to be all about tumbling. Athletes would basically be placed on whatever team they had the required tumbling for, but times have changed, and we are changing with them! Now nearly 70% of our scoresheet is based on building skills (Stunts, Pyramids, Tosses), and we have to create teams accordingly. While tumbling is still very important, allowing our staff to get an accurate picture of how each athlete stunts will set both those athletes and our teams up for a successful season.

Step 1(Optional but encouraged): Attend the Level Up! Camp for your target level. You must have competition experience at the level, or one level below. Registration is available on our website, www.rebelscheerleading.com. This will allow you to work on stunt technique and progressions with our friendly, experienced staff. It will also allow our staff to get a good first-look at athletes interested in our program, which is incredibly helpful when we are creating teams. Example: If you competed on a level 2 team last season, come to the Level 3 or level 2 Camp.

Step 2: Attend the Placement Camp for your desired level. You need to have competition experience in the previous level in order to attend, unless specifically told otherwise. Example: If you competed on a level 3 team last year, you may come to our level 3 or level 4 Placement Camp. If you have any questions about which Camp to attend, ask one of our staff at the Level Up! Camp or send us an email.

Step 3: Attend the Proudly Purple Team Reveal to find out which team(s) you have been placed on!

Note: Both Level Up! Camps and Placement Camps are open to everyone, not just current members of our program.

Level Up! Camp Schedule:

Level	Worlds	4	3	2
Date and Time	Tuesday, May 7 th 6:00-9:00PM	Wednesday, May 8 th 5:00-7:00PM	Wednesday, May 8 th 7:00-9:00PM	Thursday, May 9 th 6:00-8:00PM

Placement Camp Schedule:

Level	Worlds	4	3	2	1
Date and Time	Sat, May 11 th 12:30-3:00PM	Sat, May 11 th 3:30-6:00PM	Sat, May 11 th 6:30-9:00PM	Sun, May 12 th 12:30-3:00PM	Sun, May 12 th 3:30-6:00PM

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.

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, Monday May 13th 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: Register for the season! 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 14th 5:30-7:30 PM – U8/U16/Worlds

May 15th 5:30-7:30 PM – U12/U18

Step 5 (New this season): Register your athlete with the SCA and Cheer Canada through www.sca.ca. Detailed instructions will be provided.

Note: Creating competitive teams is a complicated process. Situations exist where having one additional or one fewer athlete on the floor can greatly impact a team's score. If you fail to register on time, your spot on the team may need to be filled. As such, late registration may affect team placement.

Competition Schedule

Competition	Location	Date	Teams Attending
Battle at the Border	Lloydminster, SK	Dec 7, 2024	Showdown, Level 4, Revs, Smoke
Stampede	RCA Gym	December 15, 2024	All Teams
Winter Knockout	Martinsville, SK	January 11, 2025	All Teams except Baby Bullets and Snipers
Cold Snap	Edmonton, AB	January 17-19, 2025	Notorious, Rampage, Riot, Rage
Best of the West	Moose Jaw, SK	February 7-8, 2025	All Teams
NCA	Dallas, TX	Feb 28-March 2, 2025	Showdown
Warman Cheer Classic	Warman, SK	March 7-9, 2025	All Teams
SCA Provincials	Regina, SK	March 15, 2025	All Teams
Worlds	Disney, Orlando, FL	April 25-28, 2025	Smoke, Revolution (must qualify)
Summit	Disney, Orlando, FL	May 1-4, 2025	Level 4 (must qualify)
Virtual Summit qualifier	RCA Gym	TBD	Level 4
Canadian Finals	Niagara Falls, ON	April 4-6	Rage, Rampage, Notorious, Riot (must qualify)

- Colds and flus are an unfortunate reality of Canadian winters, and the practices immediately leading up to our competitions are incredibly important for our team's preparation. Starting two weeks before an event, sick athletes should still be prepared to participate in practices in a limited fashion.
- Canadian Finals is an incredibly difficult competition to qualify for, with only 2-4 total bids available at competitions we attend. It is highly likely that only one or zero of our teams will qualify each year. We believe that attending prestigious events like this early in your cheerleading career begins to form the foundational skills required to succeed at the highest levels of our sport in future seasons. If you are opposed to being placed on a team with this goal in mind, please indicate this on your tryout form where prompted to do so.

Fees

Team Name	Registration	Tuition	Uniform	Choreography	Tumbling	Competition Fees
Baby Bullets	\$200	\$975	\$300	N/A	N/A	\$150
Snipers	\$200	\$1200	\$300	N/A	N/A	\$150
U12 Prep level 2	\$200	\$1200	\$300	N/A	N/A	\$180
Mini Mafia	\$300	\$1500	\$500	\$50	\$200	\$180
Rage	\$300	\$1500	\$500	\$50	\$200	\$180
Rampage	\$300	\$1900	\$500	\$50	\$200	\$250
Notorious	\$300	\$1900	\$500	\$200	\$200	\$250
Riot	\$300	\$1900	\$500	\$200	\$200	\$250
Showdown	\$300	\$2000	\$500	\$200	\$200	\$460
U18 Level 4	\$300	\$2000	\$500	\$200	\$200	\$350
Smoke	\$300	\$2850	\$600	\$200	N/A	\$300
Revolution	\$300	\$2000	\$500	\$200	N/A	\$300

- 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 first year of our 3-year uniform cycle for club uniforms.
- This is the last year of our 2-year uniform cycle for Worlds teams.
- Snipers and U12 Prep level 2 will practice 2 hours per week up from 1.

Your fees include the following:

Practice gear, Program shirt, Uniform, Choreography, Music, Competition fees, Team Tumbling class, Team Photos,

Your fees do NOT include:

Cheer Canada membership, SCA Membership, Shoes, athlete and parent travel costs, Worlds and/or Summit costs. Teams that travel to end of season events, including but not limited to NCA, Worlds or Summit, will incur additional expenses for special team gear, coaches travel costs, practice floor rental, etc. We do our best to book these things as early as possible to keep costs down. It is hard to give an accurate estimate, because these costs are divided equally amongst the team and therefore will fluctuate based on team size.

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 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 rd , 2024
First Installment	July 3 rd , 2024
Second Installment	August 3 rd , 2024
Third Installment	September 3 rd , 2024
Fourth Installment	October 3 rd , 2024
Fifth Installment	November 3 rd , 2024
Sixth Installment	December 3 rd , 2024

- 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 booked August 23rd – September 1st. 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 – Only the stat, not the entire weekend
- Thanksgiving weekend – October 12-14th
- Christmas break – December 21st – Jan 3rd
- NOTE: All competitive teams will practice over February break. Only Monday, February 17th will be closed.

Attendance Policy:

- Competitive season runs from June 3rd – April 6th. Teams competing at end of season events such as Summit or Nationals will practice until they leave for the event.
- Attendance at all practices is mandatory for all athletes from August 1st – April 30th. We highly recommend attending as many practices in June as possible. July is the recommended vacation month. Early in our season we build our stunt groups and significant absences may affect an athlete's role on the team. 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. Teams may need to practice later than scheduled. Stunt groups may need to come in for extra reps. Coaches may require athletes to do additional work at home on strength, stamina, flexibility, etc. We run a highly competitive program and both parents and athletes should treat it as such.
- 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. When possible, sick athletes should come to practice wearing a mask to watch. Much can be learned even if participation is not possible. If this is not an option, coaches may ask athletes/parents to join practice virtually.
- 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.
- 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
- Communication with RCA staff must be respectful at all times. Group chats and Facebook groups are for team specific questions. Any concerns about conduct, policies, team expectations, etc. should be addressed to Eric directly.

SCA/Cheer Canada Membership:

- The SCA and Cheer Canada provide insurance for our athletes.

Gym Information:

- Rebels Cheerleading Athletics is located at 296 Henderson Drive, Regina, SK
- Email: info@rebelscheerleading.com
- Website: 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!