

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. Because here, 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 the largest 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.

Last season was so incredible for our club! After two years of covid restrictions causing mayhem in our industry, it was amazing to be able to practice and compete again like normal. We saw a lot of growth in both our numbers and our athlete's drive, which resulted in some fantastic results! Our U16 level 3 team, Showdown, qualified for Summit again, the only team from our province to ever do that – twice! Our Open 5 team, Smoke, earned a partial paid bid to the Worlds Championships. Our brand new U16 team, Rampage, took home the level 1 Grand Champion award at Provincials, scoring higher than over 30 teams to do so! All of our athletes had the chance to work with Trey, a 3-time World Champion and industry leading choreographer from Texas, and got to perform incredibly creative and visual routines. We are very excited to have him back this summer to work with our teams again!

Lastly, I want to say how excited I am for the upcoming season. We will be ramping up our program in every way possible – Industry leading choreography, Team tumbling classes, and Open Gyms are all returning, and many new programs will be starting! Keep an eye out for our Flyer Training program, our SHINE program for Indys and Duos, Our Strength and Flexibility program, and both new and old teams focused on end of season events like Summit, Worlds, and Canadian Cheerleading Championships!

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: 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.

Last but definitely not least, we have created an All-Star Director position for our club this year. Their job is to oversee and manage things related to our competitive program, such as club events, team bonding, communication, etc. Expect to be in the loop with information and have the opportunity to get to know your Rebels family better than ever this season!

2022/2023 Competitive Teams

Team Name	Birth Year	Predicted Division and Level	Summer Practices	Regular Practices
Buckaroos	2014-2018	U8 Prep Level 1		
Riot	2014-2018	U8 Level 1		
Rage	2010-2015	U12 Level 1		
Rampage	2006-2011	U16 Level 1		
Notorious	2010-2015	U12 Level 2		
New Team	2006-2011	U16 Level 2		
Showdown	2006-2011	U16 Level 3		
Chaos	2006-2011	U16 Level 4		
New Team	2004-2009	U18 Level 3/4		
Smoke	2008 or earlier	Open Level 5		
Rush	2006-2015	Pom/Hip-Hop/Jazz		
Summit Team	TBD	TBD		

- This season, parents will need to indicate if they would like to participate on a Summit team at Team Placements. If there is sufficient interest, we will create a team designed to be as competitive as possible. The level and coaches of this team will be decided at this time. Athletes may choose to do only this team or crossover to additional teams as well. There will be additional costs associated with this team of approximately \$1500, plus flights to Orlando.
- A tentative schedule will be released soon, and finalized after Team Placements
- IASF has changed their age grids for the coming season. Cheer Canada has not released their grid yet but historically follows IASF. We will build our teams with this in mind, and may need to create additional teams, or change divisions based on placement results.
- We are growing our Performance Cheer program (Pom/Hip-Hop/Jazz) and will create additional teams if necessary!

2022/2023 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 Level 3/4	Worlds
Date and Time	Monday, May 16 th 5:30-7:00PM	Monday, May 16 th 7:30-9:00PM	Tuesday, May 17 th 5:30-7:00PM	Tuesday, May 17 th 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.

Registration Information

Getting involved in our program is as easy as 1,2,3!

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 2023 season! Once team placements are complete, invoices will be emailed.

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 19th 7:00-8:30PM, which will be your first chance to meet your teammates and coaches. And that's it! Practices start the first week of June!

Competition Schedule

Competition	Location	Date	Teams Attending
Winter Knockout	Martinsville, SK	January	All Teams except Buckaroos
Stampede	RCA Gym	TBD, usually December	All Teams
Battle of Champions*	Calgary, AB	Feb 4-5, 2023	All Teams except U8 and U12
Best of the West	Moose Jaw, SK	Feb 11, 2023	All Teams
NCA*	Dallas, TX	Feb 24-26, 2023	Summit Team
Warman Cheer Classic	Warman, SK	March 10-12, 2023	All Teams
SCA Provincials	TBD, SK	March 18, 2023	All Teams
Worlds	Disney, Orlando, FL	April 22-24, 2023	Smoke (must qualify)
Summit	Disney, Orlando, FL	April 27-30, 2023	Summit Team (must qualify)
Canadian Championships	Saskatoon, SK	May 18-21, 2023	Teams that qualify

- Some competition dates have yet to be finalized for this season. We will update as we receive more information.
- The first ever Canadian Cheerleading Championship will be held in Saskatchewan this year! This is set to be a prestigious event where the best teams from across the country will come to compete. Just like Worlds and Summit, bids must be acquired in order to participate. We hope that some of our teams will be able to participate, and will pass on details about the event and the qualification process as soon as they become available to us.
- Our Summit team(s) will have 2 competition options which will be decided at a parents meeting. We can either attend Battle of Champions to attempt to obtain a bid, and pay for our trip to Summit, or we can pay for our trip to Dallas for NCA and only attend Summit if we obtain a full paid bid.

Fees

	U8 Prep	U8 Level 1	U12 Level 1	U16 Level 2	U16 Level 1
Registration	\$150	\$250	\$250	\$250	\$250
Tuition	\$950	\$1475	\$1475	\$1860	\$1860
Uniform	\$250	\$400	\$400	\$400	\$400
Choreography	N/A	\$50	\$175	\$175	\$175
Tumbling	N/A	\$200	\$200	\$200	\$200

	U16 Level 3	U16 Level 4	Pom	Open Level 5	Summit
Registration	\$250	\$250	\$250	\$250	\$250
Tuition	\$1860	\$1860	\$1475	\$2780	\$1860
Uniform	\$400	\$400	\$250	\$500	\$400
Choreography	\$175	\$175	N/A	\$175	\$175
Tumbling	\$200	\$200	N/A	N/A	\$200

- 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 second year of our 3-year uniform cycle.

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, Canadian Cheer Championship Costs (Must Qualify)

Note: U8 Prep competes fewer times and has 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.

Fee Schedule

Fee:	Due Date:
Registration Fee, Uniform Fee	At Registration
Choreography fee, Tumbling Fee	June 3 rd , 2022
First Tuition Installment	June 3 rd , 2022
Second Tuition Installment	July 3 rd , 2022
Third Tuition Installment	August 3 rd , 2022
Fourth Tuition Installment	September 3 rd , 2022
Fifth Tuition Installment	October 3 rd , 2022
Sixth Tuition Installment	November 3 rd , 2022

- 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 tuition installment is 1/6 of the total tuition amount plus GST

Choreography

Choreography is booked with Trey for August 21st-25th. 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 – October 8th - 10th
- Christmas break – December 22nd - January 4th

Attendance Policy:

- Attendance at all practices is mandatory for all athletes from August 21st – April 30th
- 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.
- 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.
- 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)

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 which will be signed at registration

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
- 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!