



REBELS CHEERLEADING ATHLETICS INFORMATION PACKAGE

2025-2026



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WELCOME

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.

Last season really brought our club together as a family. We persevered through incredible challenges, and the support that our athletes, parents and coaches gave each other strengthened bonds that will last a lifetime. We had fantastic successes as well - Winners circle at NCA for the second year in a row, Summit and Worlds qualifications, Canadian Finals bids, Grand champ banners and many more. As I look back on the year so far, the thing that impresses me most is the willingness of our family to welcome new members with open arms. More than all the accolades that our teams have acquired over the years, I am most proud that the culture we have created at our gym is one of passion, support, leadership and inclusion.

In the coming year, we are expanding our program even further. We are hoping to add a U12 Level 3 team for the first time ever, as well as a U16/18 Level 4.2 team to act as a stepping stone for more athletes to jump into our Worlds program. 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!

TOPS PROGRAM:

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

TUMBLING CLASSES:

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

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.

PRIVATE LESSONS:

One-on-one sessions where athletes or stunt groups can work on mastering current skills and learning new ones.

2025/2026 TEAM PLACEMENTS

BEFORE WE START

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!

THINGS TO NOTE

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.

USED UNIFORM SALE

We are heading into year 2 of our 3 year program uniforms. If you are no longer needing a uniform or need a new size, please drop off your old uniform with name and contact information to the gym by May 14th. These will be available for sale during registration and sizing nights.

2025/2026 TEAM PLACEMENTS

STEP 1

LEVEL UP! CAMP (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. 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 PLACEMENT CAMP

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 TEAM REVEAL

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

STEP 4

ATTEND REGISTRATION & SIZING

Attend in-person registration and sizing night (times and dates on page 8) to secure your spot for the season! Attendance is mandatory for all athletes for sizing.

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

PRE-SEASON SCHEDULES

LEVEL UP! CAMP SCHEDULE

Level	Worlds	4	3	2
Date and Time	Thursday, May 8th 7-9pm	Thursday, May 8th 5-7pm	Wednesday, May 7th 5-7pm	Tuesday, May 6th U12: 5-7pm U16/U18: 7-9pm

PLACEMENT CAMP SCHEDULE:

Level	Worlds	4	3	2	1
Date and Time	Tuesday, May 13th 5:30-8	Monday, May 12th 5:30-8	Saturday, May 10th 6:30-9pm	Saturday, May 10th 3:30-6pm	Saturday, May 10th 12:30-3pm

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 has 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.

2025/2026 COMPETITIVE TEAMS

Team Name	Birth Year	Predicted Division and Level
Baby Bullets	2017-2021	U8 Prep Level 1
Snipers	2013-2018	U12 Prep Level 1
Mini Mafia	2017-2021	U8 Level 1
Rage	2013-2018	U12 Level 1
Rampage	2009-2014	U16 Level 1
Notorious	2013-2018	U12 Level 2
Lady Vengeance	2009-2014	U16 Level 2
New Team!	2013-2018	U12 Level 3
Showdown	2009-2014	U16 Level 3
Revolution	2007-2012	U18 Level 4
New Team!	2007-2012/ 2010 or earlier	U18/Open 4.2
Smoke	2010 or earlier	Open Level 5

- A tentative schedule will be released soon, and finalized after team placements.
- Division and/or level may change based on placement results

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 2025/26 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, Wednesday, May 14th 7-8:30pm, which will be your first chance to meet your teammates and coaches. Practices start the first week of June (week of June 2nd)!

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 15th: 5:30-7:30 PM - Early registration!

May 20th: 5:30-7:30 PM - U8/U16

May 21st: 5:30-7:30 PM - U12/U18/Worlds

STEP 5

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.

2025/2026 COMPETITION SCHEDULE

Competition	Location	Estimated dates	Teams Attending
Battle at the Border	Lloydminster, SK	December 6, 2025	Showdown, Revolution, Smoke
Stampede Showcase	RCA Gym	December 14, 2025	All Teams
Winter Knockout	Warman, SK	January 10, 2026	All teams except Baby Bullets
Virtual Summit Bid	RCA Gym	TBD	Showdown, Revolution
Cold Snap	Edmonton, AB	January 16-18, 2026	Rage, LV, Rampage, Noto, U12 L3, L4.2, Smoke
Best of the West	Moose Jaw, SK	February 6-7, 2026	All teams
Spirit Sports Canadian Clash	Ottawa, ON	February 20-22, 2026	Showdown, Revolution
Warman Cheer Classic	Warman, SK	March 6-7, 2026	All teams
SCA Provincials	Saskatoon, SK	March 14, 2026	All teams
Worlds	Orlando, FL	April 24-27, 2026	Smoke (must qualify)
Summit	Orlando, FL	April 30-May 3, 2026	Showdown, Revolution (must qualify)
Canadian Finals*	Niagara Falls, ON	April 4-6, 2026	Teams who qualify

- 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.

2025/2026 FEES

Team Name	Registration	Tuition	Uniform	Choreo	Tumbling	Competition fees
Baby Bullets	\$300	\$975	\$300	\$50	N/A	\$200
Snipers	\$300	\$1250	\$300	\$50	N/A	\$200
Mini Mafia	\$400	\$1550	\$500	\$50	\$200	\$275
Rage	\$400	\$1550	\$500	\$50	\$200	\$375
Rampage	\$400	\$1950	\$500	\$50	\$200	\$375
Notorious	\$400	\$1950	\$500	\$200	\$200	\$375
Lady Vengeance	\$400	\$1950	\$500	\$200	\$200	\$375
U12 Level 3	\$400	\$1950	\$500	\$200	\$200	\$375
Showdown	\$400	\$2350	\$500	\$200	\$200	\$450
Revolution	\$400	\$2350	\$500	\$200	\$200	\$450
Level 4.2	\$400	\$1950	\$500	\$200	\$200	\$375
Smoke	\$400	\$2850	\$650	\$200	N/A	\$450

- 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 for club uniforms
- This is the first year of our 2-year uniform cycle for worlds teams
- Snipers will practice 2 hours per week

2025/2026 FEES

Your fees include the following:

- Practice gear
- Program shirt
- Uniform
- Choreography
- Music
- Competition fees
- Team tumbling class
- Team photos
- Two end of season banquet tickets

Your fees do not include:

- Cheer Canada membership
- SCA membership
- Cheerleading shoes
- Athlete and parent travel costs
- Worlds and/or Summit costs including coach travel

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, as 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. We do one club fundraiser in the form of a liquor raffle that helps subsidize the cost of choreo.

Referral credit: 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!

FEE SCHEDULE

Fee:	Due Date:
Registration fee, uniform fee	At registration
Choreography fee, tumbling fee	June 2, 2025
First Installment	July 2, 2025
Second Installment	August 2, 2025
Third Installment	September 2, 2025
Fourth Installment	October 2, 2025
Fifth Installment	November 2, 2025
Sixth Installment	December 2, 2025

- 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

Teams	Choreography dates
Level 2-5	June 21-23, 2025
Level 2-5	August 25-30, 2025
All level 1 teams	August 22-24, 2025

- 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 months of June–August with exception of choreography camps

All statutory holidays - only the stat, not the entire weekend

Thanksgiving weekend - October 11-13, 2025

Christmas Break - December 19-January 2, 2025

- Note: All competitive teams will practice over February break. Only Monday, February 16th will be closed.

GYM POLICY:

- 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 all of our athletes.

ATTENDANCE POLICY

- 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.
- Competitive season runs from June 2nd – April 5th. Teams competing at end of season events such as Summit, Worlds or Nationals will practice until they leave for the event.
- Attendance at all practices is mandatory for all athletes from August 1st – April 5th. 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 INFORMATION



ADDRESS

REBELS CHEERLEADING ATHLETICS IS LOCATED AT
296 HENDERSON DRIVE, REGINA, SK.



EMAIL

INFO@REBELSCHEERLEADING.COM



WEBSITE

WWW.REBELSCHEERLEADING.COM



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