CHEER STRONG

2023 – 2024

ALL-STAR CHEER INFO PACKAGE

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Welcome to Strong Nation!

At Cheer Strong, we aim to teach our athletes the fundamentals of all-star cheerleading with an emphasis on technique, safety, and sportsmanship. We encourage personal development for each athlete in a fun atmosphere.

Our athletes learn to be outstanding citizens who will grow through character development, leadership, and teamwork. We promote the family environment, and Cheer Strong helps our athletes grow as individuals, as members of a team, and in our community.

We are excited for Season 11, with our talented staff and opportunities to integrate the experience and knowledge of coaches from around the country and the US. We look forward to helping your athlete in becoming a STRONG and confident individual in and out of the cheer gym.

Thank you for choosing Cheer Strong as your home. As always, we are making improvements to make sure that our program is the Best of the Best. And we are excited to have you and your family become part of ours!

Al & Adrianna

EST. 2013

CHEER STRONG

CHEER AND TUMBLE STRONG CHEER PROGRAMS

We will offer various cheer programs each with its own requirements and focus. The cheer programs we will offer are All-Star Cheer, Worlds, Novice, and Recreation.

All-Star Cheer

Geared towards the athlete who wants to be competitive with the best cheer gyms in the province. This program requires a commitment inside the gym and out, not just from the athlete but from parents as well. This program requires a time and financial commitment for a full year. Teams will attend 6 - 8 competitions during the season, throughout the province and/or the US.

All-Star teams will:

- train once a week during the summer and twice a week during the fall and winter.
- All Access to All-Star Only Skill Class
- Level training camp in May
- Skills workshops in June
- Choreo camp in June and Choreo clean up in August
- Minimum skills will be required for both with Elite requiring a higher level of entry skill
    - All Star Elite Skill requirement - Round Off AND Front or Back Walkover
    - All Star Prep Skill requirement - Cartwheel AND Front or Backroll

Worlds

Geared towards the athlete who wants a high level of competition and training.
This program requires a high level of commitment in and out of the gym, from both the athlete and parent(s). This program requires a significant time and financial commitment for a full year. Teams will attend 6 - 8 competitions during the season, including traveling out of province.

Worlds teams will:

- train twice a week during the summer and three times a week during the fall and winter.
- All Access to All-Star Only Skill Class
- Level Training in May and Stunting and Tumbling Intensives in June
- Choreo camp in June and Chroeo clean up in August
- Athletes expected to train outside of practice time on individual fitness and routine skills

ICU

We will be joining forces with Cheer Fuzion to submit an ICU Youth and/or Junior team for the opportunity to represent Canada at the ICU Junior World Cheerleading Championships in Orlando, Florida in April 2024.

This team will:

- train once a week during
- 1 - 2 a month training at Cheer Fuzion

Novice Cheer

Geared towards the athlete who is interested in learning and trying All-Star cheerleading.
This program requires a weekly commitment from September to April and is less of a financial commitment. Teams will attend 1 - 2 competitions to get the All-Star cheer experience.
This program does not require any experience or skills.

Novice teams will:

- train once a week during the fall and winter.
- Additional skill classes available for an additional fee if wanted

Recreation Cheer

Geared towards the athlete who is interested in learning the basics of All-Star cheerleading.
This program requires a weekly commitment from September to December OR January to April and is less of a financial commitment. Teams do not attend competitions, but will still learn a short routine to perform to family and friends at the last practice of each session.
This program does not require any experience or skills.

Recreation teams will:

- train once a week during the fall and winter.
- Additional skill classes available for an additional fee if wanted

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EVALUATIONS & TEAM PLACEMENT

Evaluations will be in two phases.
In both phases, athletes will be evaluated on their technique and execution starting from basic stunts and working up to higher-level skills. Athletes must show strong technique and confidence in their ability in order to progress.

Coaches will also be evaluating attitude, coachability, and work ethic. These are three of the top characteristics coaches are looking for in their athletes, more so than talent and skill.

Phase 1 - Individual Skills
Athletes will be evaluated on their individual skills.

Individual Skills Include

- Standing and Running tumbling
- Jumps
- Dance & Performance
- Fitness Testing

Phase 2 - Stunting
Athletes will attend the stunt evaluation time for their age bracket only.

Team Placement will be decided based on all of the above criteria. Athletes will be placed on the team best suited for their age and skill set. The athlete skill set is based on the skills an athlete can perform confidently with great technique and execution.
Athletes will NOT be placed based on skills the athlete is working on, requires a spot for, or is performed with poor technique and execution.

For returning athletes who were on a team for the 2022 - 2023 season, coaches will also be looking at attendance, coachability, performance, and parent responsibility (athlete account and parent commitment).

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EVALUATION TIMES

Athlete MUST register for an individual and Stunt evaluation
-- Register through iClass --

Individual Evaluation
MAY 6th , 2023
$15 + HST
Athlete sign up for a 20 minutes evaluation between 9am and 2pm

Stunt Evaluation
MAY 7th , 2023
$10 + HST
Attend the appropriate age Stunt evaluation
U8 -->> 10am - 11:30am
U12-->> 12pm - 2pm
U16, U18 & Open -->> 3pm - 5pm

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2023 - 2024 AGE GRID

Cheer Strong will follow the Cheer Canada Age Grid, which follows the IASF age grid for the 2023 - 2024 season.
*** Please note ages may change once the age group has officially been released by Cheer Canada / IASF ***

RECREATION CHEER

Glow	U6	2017 - 2019
Bliss	U8	2015 - 2019
Blush	U12	2011 - 2016
Shimmer	U16	2007 - 2012

NOVICE CHEER

Love	U6	2017 - 2019
Joy	U8	2015 - 2019
Shine	U12	2011 - 2016
Sparkle	U16	2007 - 2012

ALL STAR CHEER

Glitz	U6	2017 - 2019
Glam, Lux	U8	2015 - 2019
Posh, Diamond, Prodigy	U12	2011 - 2016
Idols, Reign, Aces	U16	2007 - 2012
Legend	Open	2008 or earlier
Rebels	Open	2007 or earlier

WORLDS

Queens	U18	2005 - 2010

ICU

VIP	International Open	TBD

ALL INFORMATION MAY BE CHANGED OR UPDATED AT ANY TIME

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TRAINING SCHEDUE

Days and times may change once evaluations have been completed

RECREATION CHEER		NOVICE CHEER	
FALL SESSION > SEPT TO DEC WINTER SESSION > JAN TO APRIL		September to April	
Glow	Monday 4:30pm - 6pm	**Love**	Saturday 9am - 10:30am
Bliss	Saturday 9:00am - 10:30am	**Joy**	Saturday 12:30pm - 2pm
Blush	Saturday 4pm - 5:30pm	**Shine**	Saturday 2pm - 3:30pm
Shimmer	Saturday 4pm - 5:30pm	**Sparkle**	Saturday 3pm - 4:30pm

ALL STAR CHEER	MAY - AUGUST	SEPT - APRIL	CHOREO
Glitz	Monday 5pm - 6:30pm	Tuesday 5pm - 6:30pm Friday 4:30 - 6pm	June 17 9am - 10:30am
Glam	Friday 5pm - 7pm	Monday 5pm - 7pm Friday 5pm - 7pm	June 17 10am - 1pm
Lux	Tuesday 5pm - 7pm	Tuesday 5pm - 7pm Thursday 5pm - 7pm	June 17 3pm - 6pm
Posh	Monday 6pm - 8pm	Monday 6pm - 8pm Saturday 9:30am - 11:30pm	June 17 12:30pm - 3:30pm
Diamond	Wednesday 7pm - 9pm	Wednesday 7pm - 9pm Sunday 5pm - 7pm	June 17 5:30pm 8:30pm
Prodigy	Tuesday 6:30pm - 8:30pm	Thursday 6:30pm - 8:30pm Sunday 2:30pm - 5:30pm	June 18 11:30am - 2:30pm
Idols	Wednesday 5pm - 7pm	Monday 8pm - 10pm Friday 7pm - 9pm	June 18 9am - 12pm
Reign	Thursday 5pm - 7pm	Wednesday 5pm - 7pm Sunday 12pm - 3pm	June 18 2pm - 5pm
Aces	Thursday 7pm - 8pm	Tuesday 6:30pm - 8pm	
Queens	Tuesday 7pm - 10pm Thursday 8pm - 10pm	Tuesday 8pm - 10pm Thursday 7pm - 10pm Sunday 9:30am - 12:30pm	June 11 10am - 1pm
Legends	Friday 7pm- 9pm	Sunday 7pm - 9pm	N/A
Rebels	Friday 7pm - 9pm	Sunday 6:30pm - 8:30pm	N/A
VIP	Monday	Monday	N/A

Days and times may change once evaluations have been completed

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ADDITIONAL TRAINING

LEVEL TRAINING	
Glitz, Glam, Lux	MAY 10 - - > 5pm - 7pm
Posh, Divas, Diamond, Idols	May 10 - - > 7pm - 9pm
Prodigy, Reign, Royals	May 12 - - > 5pm - 8pm
Aces, Stars, Queens	May 11 - - > 6pm - 9pm

BUILDING INTENSIVE WEEKEND	
Glitz, Glam, Lux	MAY 27 - - 9am - 12pm
Posh,	May 27 - - >1pm - 4pm
Diamonds, Idols	May 27 - - > 5pm - 8pm
Prodigy, Reign	May 28 - - > 2pm - 5pm
Queens, Rebels	May 28 - - > 10am - 1pm

TUMBLING INTENSIVE WEEKEND		
Level 1A	Front / Back Roll Fall to bridge / Bridge Standup Cartwheel	June 10 9am - 10:30am OR 10:30am - 12pm
Level 1B	Round Off Front / Back Walkover	June 10 12pm - 1:30pm OR 1:30pm - 3pm
Level 2	Handsprings	June 10 3pm - 4:30pm OR 4:30pm - 6pm
Level 3	Tucks	June 11 3pm - 4:30pm
Level 4 - 5	Layouts and Twisting	June 11 1:30pm - 3pm

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COMPETITION SCHEDULE

This is a tentative schedule and approximate pricing. The Comp schedule will be finalized mid-summer.

	FEES	NOVICE Love, Joy, Shine, Sparkle	ALL STAR Glitz, Glam, Posh, Lux	ALL STAR Diamond, Prodigy, Idols Reign, Aces,	WORLDS Queens	ICU VIP
Fall Classic November 11 2023 Mississauga, ON	$90 + HST		CS	CS	CS	
Breath of Life November 26, 2023 Guelph, ON	$75 + HST	CS	CS	CS	CS	
Cheer for the Cure December 2 - 3 2023 Oshawa, ON	$115 + HST WORLDS $145 + HST	CS	CS	CS	CS	
Montreal Mayhem December 9, 2023 Montreal, QC	$100 + HST			CS	CS	
Battle at the Border January 20, 2024 Niagara Falls, ON	$100 + HST		CS	CS	CS	
Border Showdown January 21 2024 Niagara Falls, ON	$45 + HST		CS	CS	CS	
EVO Ontario Championships February 9 - 11 2024 Kitchener, ON	1 RUN - $120 + HST 2 RUN - $135 + HST WOR - $150 + HST		CS	CS	CS	
OCF Ontario Championships February 24 2024 GTA	$100 + HST		CS	CS	CS	
Winterfest February 24 2024 Oshawa, ON	$90 + HST	CS	CS	CS	CS	
OCF Ontario Cup March 2024 GTA	$90 + HST	CS	CS	CS	CS	
Canadian Nationals April 12 - 14 2024 Niagara Falls, ON	1 RUN - $185 + HST 2 RUN - $195 + HST		CS	CS		
ICU April 2024 Orlando, Florida						CS
Worlds April 2024 Orlando, Florida					CS	
Summit May 2024 Orlando, Florida				CS		

Competition Schedule for Legends and Rebels to be determined

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TRAINING FEE

RECREATION CHEER		NOVICE CHEER	
Registration	$75 + HST	Registration	$75 + HST
Monthly Tuition	$125 + HST	Monthly Tuition	$145 + HST

ALL STAR CHEER		
Registration	$225 + HST PAID BY MAY 5TH 2023 $250 + HST AFTER MAY 5TH 2023	
May Fee includes - Building & Tumbling Intensive Weekends & Choreo	May 25th Pre Auth Payment	June 2023 - April 2024
Glitz	$255 + HST	$163 + HST
Glam, Posh, Lux, Diamond, Idols	$575 + HST	$320 + HST
Prodigy , Reign	$630 + HST	$355 + HST
Legends, Rebels	$195 + HST	$195 + HST
Queens	$650 + HST	$395 + HST
VIP	$50 + HST	$50 + HST

ADDITIONAL FEES

	DUE DATE	**NOVICE** Love, Joy, Shine, Sparkle	**All Star** Glitz, Glam, Posh, Divas, Lux, Diamond, Prodigy, Idols, Reign, Aces, Royals, VIP	**WORLDS** Queens
TrackSuit (Track suit jacket & pants, Program shirt, sweater, hair accessories, sports bra & shorts)	June 15 2023	Optional	$625 + HST	$625 + HST
Uniform	June 15 2023	$255 + HST	$475 + HST	$495 + HST

TRAVEL COMPETITIONS

Summit & Worlds teams must earn a bid to attend the comp below.
All fees below are approximate and DO NOT include travel or meals
ICU Team must be go through a selection process. Fees for ICU are set by Cheer Canada

ICU	VIP	April 24 - 26 2024 Orlando, Florida	$1800
Worlds	Queens	April 26 - 29 2024	$2500
Summit	Diamond, Prodigy Idols, Reign, Aces	May 2 - 5 2024	$2000