

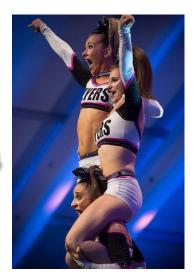






Ottawa

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Welcome to the FAmily



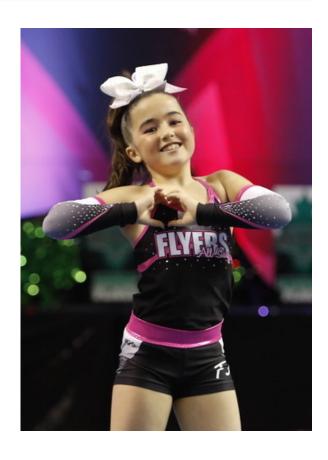
Flyers All-Starz Ottawa

Flyers All-Starz is simply the best around! A brand new season in our newest location in Ottawa, Flyers is committed to giving you high quality training in cheerleading as well as in tumbling. Located in Orleans, Flyers Cheer Gym Ottawa is equipped with qualified coaches and quality equipment to help you improve your skills as an athlete!

This information document is designed to provide you with all the information for our 2017-2018 Recreational and All Star Prep program. You will find within these pages the answer to all your questions, reasons to join our gym, payment methods, schedules, competitions, and much more!

With more championship wins than any other gym in Canada, Flyers All-Starz is known to be the best in Canada and is known internationally as one of the best elite cheerleading programs in the world!

We guarantee EVERYONE a spot on one of our competitive teams! Our competitive cheerleading teams accommodate athletes as young as 3 years old and no experience is required to be placed on one of our teams. Our tryout process is designed to be stress free and fun, allowing us to evaluate the athletes in every aspect of our sport (dance, jumps, tumbling and stunts) and to place them in teams where they will be challenged, allowing them to improve tremendously in only one season! All the information regarding our amazing tumbling program and all the levels offered here at Flyers can be found in the next few pages.



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Flyers Cheer Gym - Ottawa



Flyers Cheer Gym Ottawa

Flyers Cheer Gym Ottawa is located at 1671 Vimont Court in Orleans Ottawa and is easily accessible.

It is, without a doubt, one of the best and safest places to train in competitive cheerleading in the area! If you are looking for a cheer gym that will help you improve your skills, Flyers Cheer Gym is the place to train, without a doubt!

- → One full size spring floors standard for cheerleading (54x42 or 9 panels)
- ⇒ One 40 feet Tumble-Track
- **⇒** Two Custom Air Tracks
- ⇒ A specialized tumbling zone
- ⇒ Plenty of gymnastic equipment (Boulders, mats etc.)
- ⇒ A Pro Shop
- ⇒ High ceilings
- ⇒ Parent Lounge (with LIVE Video feed of practices!)



Why Choose Flyers All-Starz?

We have lots of fun!

Team building, fundraisers,teamwork, games & themed practices. Team spirit is a must, the Flyers athletes make friends that they will keep for years to come and learn many lessons and values that can be used in everyday life!

A guaranteed spot for ALL!

No matter your age, experience, talent or ability, we guarantee all the athletes registered will have a spot on one of our teams! No experience required!

The safe environment!

Our coaches are certified and always make sure to follow safe progressions which allow the athletes to improve while reducing the risk of injuries. We also have some of the best equipment available to make sure our athletes train in safest environment possible!

We work hard and see results!

In all, our teams have stepped onto the podium over 750 times, 50 National Champion titles, 29 top ten placements at worlds, 9 top three placements at Worlds & we are three time World Champions! Our teams have the best results in the country!

You will improve your skills!

With some of the best coaches in the country, our athletes progress at a very quick pace and rapidly become some of the best athletes in the country & the WORLD!



Meet the Owners & Managers



Owners

Vanessa Jacob-Monette

President, Founder, Administrator & Head coach

- * Co-owner of the Flyers Cheer Gym Montreal
- * Co-owner of the Flyers Cheer Gym Ottawa
- * Cheerleader since 1994
- ★ Cheerleading coach since 2000
- ★ Founder of Flyers All-Starz in 2005
- ★Certified Judge of the Quebec Cheerleading Federation
- *Choreographer
- ★Tumbling coach since 2008
- ★World coach for Flyers in 2010, 2011, 2012, 2013, 2014, 2015, 2016 & 2017
- ★Coach of the World Champion team in 2011
- ★Coach of the World Champion team in 2013
- *Coach of the World Champion team in 2017
- ★Certified USASF Level 5



Charles Lanoue

Administrator & Head coach

- * Co-owner of the Flyers Cheer Gym Montreal
- ★ Co-owner of the Flyers Cheer Gym Ottawa
- ★Cheerleader since 1998
- ★ Cheerleading coach since 2005
- *Head Instructor for the Quebec Cheerleading Federation
- ★ Certified Judge of the Quebec Cheerleading Federation
- **★Tumbling coach since 2008**
- *World coach for Flyers in 2010, 2011, 2012, 2013, 2014, 2015, 2016 & 2017
- ★Coach of the World Champion team in 2011
- ★Coach of the World Champion team in 2013
- ★Coach of the World Champion team in 2017
- ★Certified USASF Level 6
- **★USASF Safety Judge**

Flyers Cheer Gym Ottawa - Managers

Stephany De Rosa

Administrator & Head coach

- ★ Cheerleader since 2000
- ★ Coach since 2005
- *Choreographer
- ★World Champion Athlete in 2011
- ★Worlds coach for Flyers since 2013
- ★Coach of the World Bronze (All Girl L6 & Silver Champions (All Girl L5) in 2014
- ★Coach of the World Bronze Champions (Large Coed L6) in 2016



Kathleen White

Manager, Head coach & Tumbling Coach

- ★ Cheerleader, dancer and gymnast since 2002
- ★ Worlds Level Athlete since 2015
- ★ Athlete on Flyers Karma in 2017
- ★Tumbling Coach at Flyers Ottawa in 2017
- ★Enthusiastic and passionate
- ★Certified in First Aid
- ★Experienced Office Manager (2 yrs)
- ★2017 World Silver medalist



Kelly Nightingale

Manager & Head coach

- ★ Cheerleader since 2003
- ★ Coach since 2013
- ★Head Coach at Flyers since 2016
- \star Head Coach for the Ottawa Sooners Cheer Team
- \star Former Gymnastics Coach
- ★ Performance Cheer Choreographer
- ★Competed up to Level 6
- ★Degrees in Psychology, Linguistics, Autism & Behavioural Science & ABA.



We have the **BEST** staff around! We are continuously working to become even better so that you or your child receives the best possible training! Combined we have hundreds of years of experience and we commit to providing you with the most up to date rules and trends of our sport! Our staff are always looking for new learning opportunities, which, at Flyers, we provide through technical coaches training (Spring Conference) and offer coaches certification as well as by continuous training by Montreal Senior Staff!

Rules and regulations



Flyers All-Starz has offered a recreational cheerleading program for many years now. There are no tryouts to join our recreational and All Star Prep teams, all athletes between the ages of 3 and 14 are welcome. Our gym is filled with specialized equipment in order to ensure the safety of our athletes and to help them improve every practice. Our coaches are professional and dynamic and know how to help your kids and teach them everything there is to know about cheerleading! The athletes will be able to perform their routine with confidence and push their limits!

Recreational Cheerleading

Our recreational program is designed to introduce kids to cheerleading, giving them the opportunity to learn everything our sport has to offer. During a season, the athletes perform a cheerleading routine in front of all their friends and family at our 2 Flyers Shows in Montreal. Flyers all-starz guarantees that those who register will learn the basics of all the different aspects of cheerleading, in a safe environment and while having lots of fun!



All Star Prep Cheerleading

Our All Star Prep program is our reasonably priced option to introduce kids to competitive cheerleading, giving them the opportunity to learn a routine and everything our sport has to offer. Flyers all-starz guarantees that those who register will learn the basics of all the different aspects of cheerleading, all in a safe environment and while having lots of fun! During a season, the athletes perform a cheerleading routine in front of all their friends and family at our 2 Flyers Shows in Montreal as well as competing at one or two local competitions.

TEAM	Schedule	Registration & competition fees	Training fees (Monthly tutions)
CUTIE STARZ 3-6 yrs old	Summer: Sundays 4:30 pm-6 pm Fall and winter: Saturdays 1:30 pm-3 pm	130\$ (At registration) - T-Shirt (Will be available in septembre) - Short (Will be available in septembre)	\$37,50/ month Summer session: June - July - August Fall session: Sept - October, November - December Winter session: January, Febuary, March, April, May
TWINKLE STARZ 7-8 yrs old	Summer: Sundays 4:30 pm-6 pm Fall and winter: Saturdays 3 pm-4:30 pm	130\$ (At registration) - T-Shirt (Will be available in septembre) - Short (Will be available in septembre)	
ROCK STARZ 14 yrs old and younger	Fall and winter: Sundays 4:30 pm-6 pm	 225\$ (At registration) T-Shirt Competition uniforme (Tank top & short) Competition bow Music & routine Big East Blast Registration fees Additional: Registration Fee (Kicks - to be confirmed) 	\$62 / month September to May

Online Only (Amilia)

Online Only (Amilia)

* PLEASE NOTE: All Fees are non-refundable once processed.

Compatible with all leading banks

Visa ou mastercard

Credit Card

1) Automatic Withdrawal



^{*} HST is not included

Règlements Récréatif et All-Star Prep



General Rules:

- 1. Tobacco, alcohol or drug consumption is prohibited during all practices, competitions and other Flyers activities. Not following this rule will result in immediate removal from the program.
- 2. Disrespecting coaches, team moms or other staff can result in immediate removal from the program.
- 3. Bad attitude/behaviour, dishonesty or all negative behaviour may result in removal from the program.
- 4. All athletes must follow all rules set by their coaches or other people in charge.
- 5. All negative behaviour towards Flyers or any other association, no matter what the outlet (ex. internet) may result in removal from the program.
- 6. All rules must be strictly followed by all athletes when wearing Flyers All-Starz.

Attitude:

- 1. All members must be ready to work hard and surpass themselves in order to achieve excellence. All behaviours disrespecting any coaches or any members of Flyers All-Starz may result in removal from the program.
- All members must understand that being a part of the Flyers family is not a right, it is a privilege.
- 3. Parents & members must understand the engagement & responsibilities that come with their participation in the program.
- 4. Parents & members must cooperate at all time with the coaches and persons in charge.
- 5. Parents & members must realize that the way they act represents Flyers and will have an impact on the gym's reputation.

Attendance & Expectations:

- 1. All practices are mandatory, even when hurt or sick. (Summer vacations are tolerated)
- 2. The athletes must arrive to practice on time and be ready for practice. An athlete who is late on multiple occasions may be removed from the program.
- 3. The athletes must act as an example at all times & must do everything in order to attain their personal and team goals.
- 4. The role of an athlete may be put into question if they are absent to even one practice.

Competitions & Shows:

- 1. All competitions and shows are mandatory, even if hurt or sick & until the end of the awards ceremony.
- 2. The athletes must arrive on time & correctly dressed.
- 3. Common colds, which are common during the winter months, the athletes are still expected to be present to all shows and competitions. We will not force the athletes to stunt or tumble and the choreography will be modified if necessary.

Security:

- 1. Training in a secure environment is the most important aspect of our program. The athletes must arrive on time ready for practice.
- 2. Putting yourself or others in danger is unacceptable and may be reprimanded.
- 3. No jewelry, gum, candy or other food is allowed in the gym.
- 4. All jewelry must be removed at all competitions, please take this into consideration when planning on getting a new piercing.

Parental Obligations:

- 1. Follow and make sure your child follows all gym rules.
- 2. Ensure that your child is on-time to all practices, competitions & shows. No jewelry, gum, candy or food is allowed in the gym.
- 3. Inform coaches of any absences or late arrivals due to extreme circumstances.
- 4. Be able to pay all fees required in the respected time frame. (different payment methods are available)
- 5. Communicate any problems/concerns to the coaches immediately, the coaches want to help and can't know everything!

Communication between Flyers & the parents:

- 1. Flyers All-Starz will provide « newsletters », that will be sent via e-mail. A copy will also be up in the gym and posted in the teams respective Facebook groups.
- 2. Parents are responsable to take note of all important dates and information in these newsletters.

