

2022-2023
Prep, Novice,
& Cheer Abilites
Information/Handbook



14 YEARS BUILT ON
PASSION AND INTEGRITY

**The only program in Warman and area
that offers Cheer, Dance and Gymnastics**

www.warmanultimatecheerleading.com

What makes us Warman Ultimate Cheerleading!

Thank you for your interest in Warman Ultimate Cheerleading! When choosing WUC you are choosing a dedicated coaching staff, talented hard working athletes, and supportive families.

WUC is going into our 14th season. Here at Warman Ultimate Cheerleading we offer a variety of programs. Programs for athletes learning to cheer to National/World competitors and for every level and age. Our dance program offers the only Performance Cheer (Pom) to Warman for beginners to Worlds athletes as well. Warman Ultimate Cheerleading is a great place for your athlete to keep active, make new friends, learn teamwork and develop self-confidence; all while reaching personal and team goals.

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Cheerleading

Cheerleading is one of Canada's fastest growing sports. Cheerleading is the Ultimate Team Sport. It combines skills such as stunting, tumbling, and dance to combine a 1 minute to a 2 ½ minute routine. Cheerleading also improves flexibility, strength, coordination and staying power. Being part of the Ultimate Team Sport also is a great way to build self-confidence, friendship and trust.

VISION: to create growth, trust, and strengthen the athlete's mind and body in a safe, nurturing, positive environment enabling challenges, accomplishments and experiences.

MISSION: to provide an opportunity for the community and surrounding areas to explore the promising and diverse sport of cheerleading in a reliable and devoted environment for athletes. We strive to make the sport of cheerleading a SAFE, fun, positive and challenging environment for athletes while providing experienced, skilled, local and professional coaches.

The Ultimate Staff

Our WUC coaching staff is the heart of our family. You will be coached by SCA, First Aid, Respect in Sport, and Concussion Protocol certified coaches that strive and dedicate themselves in the sport of All-Star Cheerleading and WUC athletes. Come meet them today.

The Ultimate Facility

We are located in the Legends Centre in Warman. It is the largest sports complex in Saskatchewan. Two full cheer floors and state of the art tumbling equipment and air tracks, for safe development of skills for both cheer and tumbling.

The Ultimate Discounts

Here at WUC we offer Multiple sibling discounts, Loyalty program, and a Referral Program. For all these details please see the Fees Page.

The Ultimate Booster Club

WUC has the absolute best fundraising program around. Do as little or as much as would you like. Start fundraising today! You can use your fundraising for travel, clothing, uniforms and so much more.



Please note: All training, events and competitions subject to change depending on the COVID-19 Guidelines and Recommendations from Saskatchewan Health Authority (SHA) as well as the Saskatchewan Cheerleading Association (SCA).

REGISTRATION

How to Register:

Registering for WUC is simple and convenient with our online registration. If you are new to WUC follow the steps below.

1. Go to www.warmanultimatecheerleading.com
2. Click on the registration tab
3. Click on the registration link (Click Here). This will take you to our Jackrabbit WUC Registration Portal.
4. Create an account by filling out all fields, add student(s) and agree to terms of use.
5. Select, or search for class of interest.
6. Payment can be made via credit card or cheques can be dropped off in person. Credit cards will be charged by the Administrator after the registration. NO CASH will be accepted.

We ask that you check your accounts monthly so you are aware of transactions and your account is current to avoid any late fees.

All receipts can be printed from your account and will be email after each transaction is processed.

IASF RULES

The IASF have created rules designed for proper progression of skills from levels 1 through 7. These standards are used to promote safe practices at every gym across North America. By following these levels of progressions we ensure the safety of our athletes as well as competitive success. These criteria are also used to judge teams at competition.

The chart below is a snap shot of skills required at each level. It is by no means a complete list of the elements required.

Level	Stunts	Tumbling/Jumps
1	-thigh stands with flexibility positions -preps, cradles, sponge downs -ground level inversions, extensions in pyramids	-rolls, cart wheel, round off -front and back walkovers -basic jumps
2	-1/2 up to extension -1 legged stunts at shoulder level -straight ride tosses	-standing handspring -round off handspring -connected series of jumps

Differences between Novice and Prep

NOVICE

- The routine is shorter at 1:30, with modified rules

PREP

- The routine is shorter at 2:00 with no tosses

ADDITIONAL INFORMATION

Club Apparel

Acceptable attire for practices is "cheer" apparel. Proper white cheerleading shoes, shorts, t-shirt and/or tanks. We require all prep athletes to wear bows. Novice athletes are given the option to purchase a bow. A club t-shirt will be given to each athlete and we recommend it be worn to their weekly practice. Athletes are encouraged to wear their WUC gear when representing WUC at competitions, fundraisers and events. The purchase of our WUC gear can be done throughout the season. Prep/Recreational athletes are required to purchase a uniform package: Top, skirt, bow, and make-up. Novice athletes will wear their club provided t-shirts with their own black leggings. All athletes may purchase track jackets (new 2019 style), shirts, leggings, sports bra, shorts, back packs, etc.. All athletes will be sized for uniforms in the Fall. Our uniforms may not be sold externally to any person or group such as costume companies and/or schools. Our logo is copy written and the use of it must be requested through management.

Athlete Attendance

All team practices are mandatory. If your athlete is sick or injured, they are still expected to be at practice learning from the side (within reason). If an athlete becomes suddenly ill, please send an email to coach@warmanultimatecheerleading.com so that the coaching staff can make adjustments to their lesson plan.

Attendance of practice is important, as we are a team sport. All performance/competitions are mandatory for athletes for the safety of the team. Please read over the 2022/2023 performance schedule thoroughly and take into consideration the performance dates. Please submit an Absence request form to your coach if you are planning an extended vacation. This helps with planning of practices. These can be found in the forms section on the member's area.

Communication

Please check your e-mail regularly so that you may stay informed about upcoming competition info, events, fundraisers etc. We also encourage everyone to follow us on Facebook at Warman Ultimate Cheerleading and on Twitter/Instagram @WUCheerleading! Once you are a member of WUC, you will be given a password to the member's area only on warmanultimatecheerleading.com. Parents will also be provided with a team parent Facebook page.



@warmanultimatecheerleading



@WUCheerleading



@wucheer

Important Dates

Sizing Night

Uniform October-TBD

Fundraising AGM

September 27th, 2022

Parent Meetings

Week of September 19th

Annual Gem Banquet & Awards night

May 4th-7th, 2021 (Final date TBD)

Volunteering

Why not take the time to make the community that directly affects your child even better? WUC will be asking each family to take a moment and lend a hand with the following tasks. Booster collections/product handouts, year-end banquet, floor set up and take down (about 4 times a year). By helping out just once you will help the longevity of our board on booster, and provide more opportunities for the athletes to use the sprung floor.

Tumbling Program

We offer Fall, Winter and Spring sessions. They are 8-10 weeks sessions. Our tumbling program has had a major impact on WUC athletes. We encourage all WUC athletes to sign up for a tumbling class. WUC will enforce proper guidelines and progressions and will not permit level jumping. Private tumbling lessons will be provided throughout the year as well.

Gym Closures

Labour Day Weekend

September 2nd-5th

Thanksgiving

October 7th-10th

Remembrance Day

November 11th

Christmas

December 23rd-January 7th

Family Day

February 17th-20th

Easter

April 7th-10th

COMPETITIONS, DATES, & LOCATIONS

The following is a list of performances/competitions each team will be attending. We always give families as much notice as possible if any changes occur. ALL competitions are MANDATORY. Even if one athlete is missing it will jeopardize the team's ability to perform their routine or potentially even to compete. We ask that athletes are not missing the week prior to competition as this also jeopardizes team safety and ability to perform with no prior practice. We cannot stress the importance of full participation for every competition. Competition Schedule is due to change at any time. With our recreational programs there is no travel permitted, with the exception of Provincials, which happens every other year in Regina.

2022-2023	Ultimate Gem, Warman Nov. 25 th	Battle at the Border, Lloydminster Dec. 3 rd	Winter Knockout, Martensville Jan. 14 th	WCC, Warman March 10 th -12 th	Provincials, Regina, March 18 th
U6					
U8					
U12					
Cheer Abilities					

Schedule and Cost overview 2022/2023 Season

Program overview Prep to Novice to Cheer Abilities

	Prep Half Year	Novice Quarter Year	Cheer Abilities Half Year
Type	Semi-Competitive	Non-Competitive	Semi-Competitive
Skill Levels	1	1	1
Team placements	No	No	No
Ages	3 to 11	3-8	5 and up
Season	September to March 2023	Sept-Dec or Jan-March	Sept-March 2023
Practice Schedule Overview	One weekly practice	One weekly practice	One weekly practice
Competitions/ Performances	3-4	1	3-4
Travel	Required In Province Only	No	Required in Province Only
Uniforms	Basic Uniform	T-shirt included in fees	Basic Uniform
Fees (detailed on fee page)	-Registration fee -Season Cost -Uniform/Bow	-Season Cost	-Registration fee -Season Cost -Uniform/Bow
Skills Clinics/Camps	Optional	Optional	Optional
Tumbling Classes	Optional	Optional	Optional

Prep Program/Fee Schedule

Fall 2022

Prep Teams are Level 1 teams and run September through to March. They are semi-competitive teams and do not attend any events out of province and also attend fewer competitions. Their uniform is less expensive compared to All-Star teams. Prep is a great option for beginners, as well as those families who do not want to commit to training in the spring/summer and/or travel. This program is WUC'S fastest growing program. Tiny, Mini and Youth divisions only. Classes begin after the September long weekend.

Division	Birth Ages	Program Cost (+GST)	Payment #1 Upon registration (+GST)	Payment #2 Oct 1 (+GST)	Payment #3 Nov 1 (+GST)	Payment #4 Dec 1 (+GST)	Hours per week
U6 Level 1	2017 2016	\$650	\$200	\$150	\$150	\$150	1.5
U8 Level 1	2015 2014	\$650	\$200	\$150	\$150	\$150	1.5
U12 Level 1	2013 2012 2011 2010	\$650	\$200	\$150	\$150	\$150	1.5

Novice Program/Fee Schedule

Our Newest program is our Novice program. This is Quarter year program runs mid-September to mid-December and/or January to March with no competitions just one show case for family and friends. You will receive a t-shirt with registration. Novice is a great option for beginners, as well as those families who do not want to commit to anything competitive. If you sign up for both quarter-year programs, you will receive a \$50 discount on the second quarter registration. HALF YEAR

Division	Birth Ages	Program Cost (+GST)	Hours per week
U6 Level 1	2018 2017 2016	\$250	1

All-Star Cheer Abilities Program/ Fee Schedule

Fall 2022

Our Cheer abilities program runs September to March and is made up of athletes living with physical, intellectual and cognitive disabilities. Practices for this team are held once weekly and are one hour in duration. This team attends approximately 3 competitions per season all of which are within the province. Some costs of the program such as registration and uniforms may be lessened with the help of grants and sponsorships. Classes begin the end of September.

Division	Program Cost (+GST)	Payment #1 Upon registration (+GST)	Payment #2 Oct 1 (+GST)	Payment #3 Nov 1 (+GST)		Hours per week
Cheer Abilities Level 2 5 & up	\$350	\$116.67	\$116.67	\$116.67		1

Additional Cost

The Ultimate Booster Club

The Ultimate Booster Club is a program to help athletes with the cost of travel, tumbling classes, practice gear, bows, make up, shoes etc. The UBC will be collecting a \$20.00 cheque from every WUC family on the first day of practices. The UBC is non-profit organization.

Please contact

booster@warmanultimatecheerleading.com for any questions

Team Gem Fee

This fee reduces the bring \$5 for this and that. Each athlete per team will be asked to bring mandatory \$20 Cash. This helps provide team bonding, snacks, etc. As our team moms already put so much time and effort in to each of our athletes, this helps them plan a little more fun.

Uniforms etc

A NEW Prep/Cheer Ability uniform cost \$160 (estimated) Competition Bow \$25, Competition Make-up \$40. Cheer Shoes (cost varies) Cheer shoes will be available to order through WUC. No uniform for Novice teams.

Out of Province Travel

There will be no out of province travel

Club Apparel

Please see the above club apparel section to see if these cost apply to your athlete. Please note these are estimated pricing.

Cheer Canada Fees

An additional \$25 (estimated) will be charged for Cheer Canada registration fees.

So many discounts here at Warman Ultimate Cheerleading.....

The Ultimate Family Plan

A 10% discount for all tuition payments will apply for families with more than 1 child enrolled in our Cheer program. This discount will be applied to the lesser value training fee. Please note discount does not apply to clothing, specialty classes/clinics or choreography sessions.

NEW Loyalty program

At WUC, we would like to reward you for your LOYALTY. If you completed 6 years of cheerleading with WUC and are entering in to your 7th year we would like to reward you with 10% off your season cost (registration). This is based on each individual athlete not on a family. Years must be consecutively in a row with no interruption.

Referral program

Do you know someone who would love to be on a competitive team at WUC? We are offering \$50.00 credit to your account upon your friend's registration for a competitive team. Your referral must list your name upon registering online to qualify.

Payment Type Options

We accept credit cards and cheques as the method of payment for registration, season fees, and uniforms. There will be a 3% cc fee applied for all travel fees. We no longer will be excepting cash payments. Credit cards can be entered into the online registration system and billed according to the schedule provided when registering online. Cheques must be post-dated and handed in ahead of time at your athlete's first practice. All Uniform and WUC clothing must be paid prior to order being placed.

Practice Schedule 2022-2023

A tentative practice schedule will be emailed out after All Star team placements.



Rules & Regulations

Read each line and acknowledge all rules and regulations. Upon registering your athlete, you will be asked to sign off that you have read the entire handbook. Please note the Rules & Regulations cover the entire Recreational and Competitive Program. If you have any questions or concerns, please contact the office. We will be happy to assist you!

1. Only registered athletes are permitted in the training area.
2. NO jewellery may be worn. Athletes must have clean indoor white shoes (or black).
3. Food, beverages and gum are not permitted in the gym.
4. Cell phones must be in silent mode and may not be checked during practice time.
5. WUC is not responsible for the theft or loss of personal items.
6. Spectators are not permitted. This will be strictly enforced as it causes distractions to our athletes and our coaches.
7. Our facility is nut-free; please be aware that we have athletes who are severely allergic!
8. WUC coaches, volunteers, staff and management must be respected and will not tolerate being challenged by athletes and/or parents. If you are unhappy, please schedule a time to speak with them in private so that a calm atmosphere can assist in resolving the issue for both parties. Failure to comply may result in immediate dismissal from the facility and/or program.
9. Parents are not permitted to spot or assist tumbling and/or stunting in or around the WUC facility. It is not recommended that parents or friends assist in these types of skills at home without certified supervision and instruction.
10. Removing or adding athletes to a team at any point in the season is done at the coach's discretion based on the following criteria: Attendance, conduct, skills, finances.
11. Colds and flu are part of Canadian winters; athletes are expected to attend competitions, even in their worst condition. Modifications to the routine will be made to assist the ill athlete. Athletes who do not attend jeopardize the success of the entire team. Their roles in the routine will be filled, and a doctor's note will be needed to return training with the team. This is grounds for removal from the program.
12. Parents and athletes must be respectful and courteous of all clubs and performers including but not limited to their staff and parents!
13. Athletes will accept team awards with pride, dignity and class and will remain at competitions in uniform until the awards ceremony have finished.
14. Athletes must use their apparel/uniforms in a respectful manner and refrain from posting inappropriate pictures/videos of themselves on media outlets such as Facebook, twitter, Instagram, TikTok etc. Any infractions will warrant immediate removal from a team.
15. Members will refrain from gossiping and/or celebrating another program/team or athletes defeat.
16. Parents must be respectful to all WUC staff members. Any parent who cannot maintain a positive attitude while in our gym will be prohibited from entering the facility.
17. Parents are solely responsible for all costs incurred as a member of WUC including, but not limited to: registration, monthly tuition, team apparel, uniforms, competition and travel expenses, regardless of circumstances that may arise including athlete dismissal.
18. All post-dated cheques are to be submitted upon registration, and are to be made for the 1st of every month. Failure to do so will result in the inability to practice/compete.
19. Season cost does not change based on the number/duration of practices in a given month.
20. Vacations or time off will not be prorated.
21. All payment due dates must be met.
22. Any NSF payments will incur a \$25 service charge.

23. Athlete's accounts must be in good financial standing in order to participate practices as well as in activities such as camps, competitions and other special events. Athletes may be asked to sit out if their account is in poor standing.
24. WUC reserves the right to cancel any and all travel arrangements that are not paid for in full by the fee due dates.
25. Any funds received will be applied first to any overdue tuition/fees.
26. If an athlete leaves, or is dismissed from a team before the season's end for any reasons including medical, any and all of their funds are non-refundable.
27. All travel fees are non-refundable regardless of injury or illness and are subject to 3% fee when using credit card.
28. All travel fees are payable to WUC regardless if an athlete leaves the program at any point of the season.
29. Registration/Tuition fees are non-refundable/non-transferrable.
30. WUC reserves the right to decline or cancel a registration at any time.
31. Classes missed due to injuries or vacation time will not be refunded.
32. Monies collected for travel are non-refundable/non-transferrable. WUC reserves the right to cancel any and all travel arrangements that may potentially put athletes in harms way and are also non-refundable/non-transferrable.
33. An early termination or withdrawal from a program occurring on any date will be subject to all yearly fees. WUC bases its yearly fees on athlete enrollment and therefore has responsibilities to fulfill its contract to the facility and its owners.
34. All pro-shop sales are final.
35. Once a uniform is sized and ordered, payment is due in full. No refunds or cancellations are permitted.
36. WUC will automatically charge the credit card on file for anyone who does not attend fee collection night for travel or otherwise.
37. Payments attempted and declined 2 or more times from an athlete's account will result in a \$50 late fee.
38. Your account is your responsibility to check regularly. Any outstanding amounts are your responsibility to make payment arrangements.
39. Prep & Novice Teams - When registering for one of these teams, it is completely worry free, you will receive a full refund up to two weeks after class start up. Minus a \$40 admin fee.
40. All Star - By registering for an All-star Program, you are acknowledging all fees associated with an all star program (travel, uniform and gear). Registering for a All-star program has a \$250 non-refund registration fee prior to team placement.
41. A person must represent your athlete for one volunteer shift at the Warman Cheer Classic. If you choose not to volunteer, we will deposit your postdated cheque or we will kindly charge your credit card on file a total of \$100 and forward payment to the WCC committee.
42. WUC follows the SCA Code of Conduct. All members of WUC must follow the SCA Code of Conduct at all times.
43. This document is an evolving document.