

2022-2023
ALLSTAR
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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All-Star Cheerleading

All-Star Cheerleading is one of Canada's fastest growing sports. All-Star 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. All-Star 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 to 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.

TEAM PLACEMENT

Team placements are an opportunity for athletes to demonstrate their skills. Athletes are grouped with other athletes similar in ability to form teams according to the level requirements set by the IASF. Anyone who would like to be considered for a competitive level 1-7 All-star team will need to attend Team Placements.

WUC All Star program placements will take place June 26th and June 27th. All Star programs run from June 2022 to April 2023. Team placements will be run like a practice and will consist of a variety of athletic ability evaluations such as endurance, strength, jumps, tumbling and flexibility drills. Most importantly, we will be looking for athletes who demonstrate a positive attitude, and a willingness to learn. These placement sessions are done in a fun, easy-going environment. Anything you need to know will be taught, and no experience is necessary. Athletes will be evaluated according to the IASF level guidelines. IASF has created rules designed for proper progression of skills from levels 1-7. Below is a chart of skills required for each level. This can be used as a guide. Athletes should have the necessary skills for the level, but there are many factors that must be considered when placing athletes on a team. Team placements is not easy and we need to look at all factors and will make the best decision for each team. Athletes will be placed on teams by age first, and skill second. Being a member of Warman Ultimate Cheerleading is a privilege, not a right, and as such our staff may refuse competitive team placement. Age is determined as of December 31, 2022.

IASF RULES

The IASF has 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 progression, we ensure the safety of our athletes as well as competitive success. Many of our level 2 to 7 teams compete internationally and we need to give our athletes the opportunity to compete against other teams with 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/Baskets	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
3	-extended liberty with flexibility positions -full up to prep, full down from extension -toe touch and twist toss	-series handsprings -round off hand spring tuck -jump to handspring
4	-full up to extension, switch ups -double down from two feet single from one foot -double twist and kick full tosses	-standing tuck -jump hand tuck -round off and layouts, step outs
5	-full up and double ups to one leg -double downs from one leg -kick single tosses and specialty kick tosses	-jump to tuck, -round off hand full -specialty passes
6	-full up and double ups to one leg -double downs from one leg -kick double tosses and specialty kick double tosses	-jump to tuck, handspring-full -round off hand full -specialty passes and double fulls
7	-rotational mounts and dismounts -rotational tosses -2 1/2 high pyramids	-jump to tuck, handspring-full -round off hand full -specialty passes and double fulls

More information regarding the current IASF rules can be found at www.iasfworlds.com



ADDITIONAL INFORMATION

Club Apparel

Acceptable attire for practices is "cheer" apparel. Proper white cheerleading shoes, shorts, t-shirt and/or tanks. We also require all athletes to wear bows. A club t-shirt will be given to each athlete and is required to be worn at one practice a week determined by the coaches. Athletes are required 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. Athletes are required to purchase a uniform package: Top, skirt, bow, white shoes, and make-up. All athletes with Level 2 and up are required mandatory cover up (more details to come). Open, senior, junior & youth teams are required to wear proper cheerleading shoes. Senior, Junior and Open teams are required to wear black titans. Your team may be required to get uniform socks (Elite). All Level 2 and up teams are required to have team specific practice gear, Top and Bottom. All level 2 and up require track jackets (new 2019 style) and back packs (excluding mini). All athletes will be sized for uniforms, TBD. 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. Athletes can be placed on probation, removed from a stunt group or from a routine entirely at the coach's discretion. This also includes multiple lates, excused/unexcused missed practices and missed competitions.

At WUC we feel that school is an athlete's top priority. That being said, we also encourage athletes to understand and appreciate that they are expected to manage their after school time effectively so that they can make the best use of their time. Missing cheerleading for homework is NOT an acceptable excuse and will negatively impact the athlete's attendance record. Consequences for missing practices for inexcusable reasons may jeopardize their placement on a team and in a routine. If your family is planning a vacation, please read over the 2022/2023 competition schedule thoroughly and take into consideration the competition dates. Please submit an Absence request form to your coach. 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.

Important Dates

Dates are subject to change

Sizing Night

Uniform September

Practice Gear – September (level 2 up) during practice

Fundraising AGM September 27th, 2022

Parent Meetings Week of September 19th

Skills and Choreography (mandatory)
TBD

Annual Gem Banquet & Awards night
May 4th-7th, 2023 (Final date TBD)

Tumbling Program

Our tumbling program has had a major impact on WUC athletes. We encourage all WUC athletes to sign up for a tumbling class. Athletes in our Elite program are required to be registered in tumbling classes. WUC will enforce proper guidelines and progressions and will not permit level jumping. Private tumbling lessons will be provided throughout the year as well. Youth and up will be provided with ½ hour team tumbling. Elite teams will have mandatory at level tumbling classes Fall and Winter.

Family Vacations

Family vacations are not permitted during competition season. If you choose to plan a holiday during competition season, please be aware that this may result in removal from stunt group, or routine. We feel the safety of all our athletes is the most important factor at WUC and failure to attend multiple practices in a row due to vacations is unsafe.

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

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.

COMPETITIONS, DATES, & LOCATIONS

The following is a list of 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. *NEW this year is the Canadian Cheerleading Championships, which is being hosted by Warman Cheer Classic and Cheer Canada. An additional tryout team will be formed in Dec/Jan for a Nationals team. Anyone attending this competition will be subject to additional train. More information regarding this will be available at a later date.*

2022-2023	Ultimate Gem, Warman Nov. 25 th	Battle at the Border, Lloydminster Dec. 3 rd	Winter Knockout, Martensville, Jan 14 th	Best of the West, Moose Jaw, Feb 11 th	ATC Battle of Champions, Calgary, Feb. 4 th -5 th	WCC, Warman March 10 th – 12 th	Provincials, Regina March 18 th	Travel TBD	ACE, Edmonton, April 14 th - 15 th	Worlds, April 23 rd - 25 th	Canadian Cheerleading Championship, Saskatoon, May 18 th -21 st
U8											
U12 Level 1											
U12 Level 2					?						*?
U16 Level 1					?			?			*?
U16 Level 2					?			?			*?
U18 Level 3/4					?			?			*?
Open 5/6					?				?		*?
Open 7 (16 up)								?			*?

Schedule and Cost overview 2022/2023 Season

Program overview All-star

	All-Star Full Year
Type	Competitive
Skill Levels	1 through 7
Team placements	Yes, June 26 th and June 27 th , 2022
Ages	6 and up
Season	June through to April 2023
Practice Schedule Overview	2-3 practices a week September to April *summer training required Level 2 and up*
Competitions/Events	5-7
Travel	Required
Uniforms	Competitive Uniform
Fees (detailed on fee page)	-Registration fee -Season Cost -Uniform/Bow/Makeup -Team/travel Gear -Competitions -Travel fees
Skills Clinics/Camps	Required for certain levels & teams
Tumbling Classes	Required for certain levels & teams

All-Star Fee Schedule

WUC Teams	Birth Ages	Program Cost (+GST)	Payment #1 Upon registration (+GST)	Payment #2 July 1 st (+GST)	Payment #3 Aug. 1 st (+GST)	Payment #4 Sept. 1 st (+GST)	Payment #5 Oct. 1 st (+GST)	Payment #6 Nov. 1 st (+GST) (chore)	Payment #7 Dec. 1 st (+GST) (comp fees)
U8 Level 1	2015-2017	\$1045	\$300	\$186.25	\$186.25	\$186.25	\$186.25	N/A	TBD
U12 Level 1	2010-2013	\$1111	\$300	\$202.75	\$202.75	\$202.75	\$202.75	N/A	TBD
U12 Level 2	2010-2013	\$1320	\$300	\$255	\$255	\$255	\$255	\$200 *subject to change	TBD
U16 Level 1/2	2006-2011	\$1364	\$300	\$266	\$266	\$266	\$266	\$200 *subject to change	TBD
U18 Level 3	2004-2009	\$1430	\$300	\$282.50	\$282.50	\$282.50	\$282.50	\$200 *subject to change	TBD
IO5 14 & up	2008 and earlier	\$1529	\$300	\$307.25	\$307.25	\$307.25	\$307.25	\$200 *subject to change	TBD
Open 7 16 & up	2006 and earlier	\$600	\$200	\$100	\$100	\$100	\$100	TBD (practice once a week)	TBD

What does registration include?

Registration fees include but are not limited to: Coaching hours, Facility rental, tuition, Insurance, music, T-shirt and administration fee. The season cost reflects up to 10 months of training. All Youth, Junior, and Senior programs will include 30 minutes addition team tumble time.

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.

Additional Cost

Uniforms etc

NEW all- star uniform cost is \$420 (price is an estimate and will depend on US dollar)

Competition Bow \$25, Competition Make-up \$40 (all programs). Cheer Shoes (cost varies).

Competition Fees

Competition fees/travel are additional and may vary. Example U16 and up to Alberta estimated cost \$250. U12 and under \$60.

Club Apparel

Please see the above club apparel section to see if these cost apply to your athlete. Please note these are estimated pricing. Practice gear top and bottom \$90, WUC Jacket \$90, Backpack \$130,

Travel Costs

If you do not intend to make the financial commitment associated with the traveling teams, do **NOT** try out for a traveling team. Traveling is a MANDATORY commitment for some of our teams. Please read over the 2022/2023 competition schedule to determine if your team will be travelling or not. If travel is not an option, try one of our many programs that don't have travel.



@warmanultimatecheerleading



@WUCheerleading



@wucheer

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 sent 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.