



Central Cheer Inc.

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2016-2017

Athlete Handbook

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Mission Statement

Central Cheer provides cheerleading opportunities to athletes of various ages and abilities through competitive teams, recreational training, hosted events and community involvement.

Core Values

-  We recognize each member as a person with the ability to contribute to the program in their own unique way
-  We encourage and mentor in sportsmanship, positive self-image, confidence, discipline and fostering of lifelong growth in various aspects of life
-  We recognize the importance of healthy living and support physical fitness in a safe, fun and encouraging atmosphere
-  We inspire our members to recognize the importance of giving back to the community while educating the general public through our pride, dedication and heart for the sport of cheerleading

Philosophy

Our values bring our members together in promoting a family like team and supportive atmosphere. We strive to maintain positive relationships with all teams, programs and organizations alike.

We push our athletes to perform at their highest level of athleticism, while recognizing each person's skill level and ability. We strive to obtain a well balanced approach to our various types of offered opportunities.





We strive to provide our members with Directors and Coaches who are certified and exhibit integrity, responsibility, professionalism, and respect for members and non-members alike. Central Cheer is committed to establishing ongoing mutual respect between all roles and members.

Handbook Application

This handbook applies to all athletes, parents, coaches and members of Central Cheer unless otherwise specified.

Foreword

The purpose of this document is to guide the Directors and Coaches in decision making and act as a source of information and direction for all members of Central Cheer as well as provide all Athletes and Families with clear expectations and guidelines. Our goals in creating this handbook are:

-  To promote consistency in all areas of programming
-  To promote an understanding of our program's Mission, Core Values and Philosophies
-  To provide a clear and concise source of information surrounding procedures and expectations for all members
-  To provide guidance for new members

This handbook provides an overview of operational policies and practices. It may not provide all details about each policy or practice.

As changes occur, we will inform members and include those changes in the next publication of the handbook. The Program Director reserve the right to add, delete, amend or otherwise alter policies and practices with or without notice at any time.

This handbook is provided for your information. We encourage you to read it carefully. Should you have any questions please speak with a Coach or Director.

Program Practices

Program Director

The Program Director manages and leads the vision of the program and its functions while ensuring the Mission, Core Values and Philosophy are being upheld by members. The Program director has the right to make any and all decisions in regards to Central Cheer Inc. The Program Director can be contacted at central_cheer@hotmail.com

Administrative Director

The Administrative Assistant assists the Program Director to manage and lead the program while ensuring the Mission, Core Values and Philosophy are being upheld by members. The administrative assistant can be contacted at centralcheer_frontdesk@hotmail.com

Coaches (Head Coaches, Assistant Coaches and other)

Central Cheer has one head coach per team, and may also include an assistant coach. All head coaches possess the following mandatory requirements: Coaching Certification, Respect in Sport Certification, Standard First Aid + CPR, Child Abuse Registry Check and a Criminal Record Check. All coaching positions are chosen by the Program Director based on their qualification and experience.

Team Leaders

Team Leaders are people who are gaining experience and hours to complete Coaching credentialing. Team Leaders are mentored by our coaches to develop essential coaching experience and skill development in a leadership role. Team leaders are not considered coaches and do not have any mandatory requirements.

Locations and Hours

Unit 8 -130 Midland St.
Winnipeg MB R3E 3R3
(204) 697-0918

Sunday	8:30am-10:30pm
Monday-Wednesday, Friday	5:30pm-10:30pm
Thursday	5:30pm-11:00pm
Saturday	8:30am-6:30pm

*Hours subject to change during holidays and/or offseason. Please see the calendar at www.centralcheer.ca for the most up to date information.

Open House

An Open House will be held annually prior to the competitive season tryouts/assessments which are held in August each year. Prospective members and families are encouraged to attend the Open House to gain all pertinent information in regards to the upcoming season and to meet the Coaches and Program leaders.

Competitive Teams

Competitive teams run from Mid-August through to May. Each competitive team's main purpose is to develop a 2.5 minute routine at a specified competitive level including dance, jumps, tumbling and stunting. Competitive teams can and may travel outside of Manitoba and/or Canada. Coaches choose a competitive level to compete at based on athlete's ages and the skill level of the team. Central Cheer values all competitive teams equally and works to ensure all teams regardless of level / age are structured to be highly competitive.

Recreational Teams

Recreational teams are a reduced commitment and cost option. Recreational teams will work towards building skills in dance, jumps, tumbling and stunting, putting their skills and abilities into a routine. Recreational teams may take part in performances however would not register for competitive competitions against other teams. Athletes will receive the same coaching as competitive athletes without the competitive pressure and expectations.

Specialty Routines

Athletes will have the opportunity to compete not only as part of a team routine, but also as a stunt group, duo, partner stunt or individual (these divisions may vary based on the competition). If an athlete wishes to participate in a specialty routine, they must register to work with a certified coach; who will assist with determining level, choreography, music, and competition registration.

Privates

Athletes are able to enroll in Private Sessions with any available coaches throughout the year. These sessions are designed for individual skill development in the area of the athletes choosing (jumps, tumbling, dance, flexibility, etc.) Athletes are required to register for a minimum for 4 privates lessons, to ensure that there is adequate time for skill development and realistic progress. Privates can be booked in either a one-on-one setting with an athlete and a coach, or as a group of up to 3 athletes, with one coach; working towards the needs and goals of the athletes together in the session.

Open Gym

Open Gym's are held on assigned nights throughout the season, and allow athletes to have additional time for skill progression, conditioning, and drills; at their own discretion. Open Gyms are unstructured time and no Central Cheer Coach will be present; as such athletes are expected to only work on skills and progressions they have been previously taught. Anyone in attendance of Open Gym who is caught violating the safety statement or seen doing unsafe skills will be asked to leave immediately and may risk not being allowed back.

Off Season Training

Off season training runs from June through to July (beginning month may vary based on competitive teams). These sessions are designed to give both new and experienced athletes an opportunity to improve and/or learn new skills prior to placements for the Competitive season commences. There are no required competitions and/or performances however athletes may be encouraged and asked to take part in various hosted events, fundraisers and community involvement.

Hosted Events

Central Cheer may host various events throughout the competitive and/or recreational season. All members are encouraged to take part in hosted events. Central Cheer hosts events to raise money for the program as a whole, expand and build new skills and/or knowledge related to cheerleading and to gain exposure for Central Cheer as well as the sport to the general public.

All athletes (or a representative on their behalf) are required to volunteer throughout the season of up to a max. duration of one event. Failure to volunteer will result in a \$40 non-volunteer fee per athlete.

Community Involvement

Central Cheer prides itself in contributing to the community and giving back to others. Central Cheer members will be encouraged to volunteer at various charities, community events/fundraisers, demos, and other functions.

Memberships

Central Cheer is an annual member of the Manitoba Cheer Federation (MCF). Central Cheer and its members may become members of other Federations or Associations if beneficial to the program. Fees for these memberships are paid by the program and its members.

Insurance

Central Cheer upholds its own commercial general liability policy for the program as whole up to and including Level 6. The insurance policy is in accordance to standards set out by MCF, competition rules and sports programs. **All athletes are required to have their own accident insurance coverage.**

Media Relations

Central Cheer may use pictures and videos of its members and events on the official Central Cheer website (www.centralcheer.ca), social media pages and/or flyers/posters for promotional advertising. Central Cheer members may have their pictures and/or video's taken at events or practices by others. Central Cheer is not responsible for the distribution or redistribution of this material.






Jackrabbit

Central Cheer uses the program Jackrabbit for day to day operations; including registration of athletes into the program and teams, and accounts and transactions for families. To register as a for the first time with Central Cheer; you can select the "Web Registration" portal link on www.centralcheer.ca. Athletes who have already registered within Jackrabbit can access their accounts, transaction history, and statements, make payments, and enroll in classed through the "Parent Portal" link on www.centralcheer.com. Athletes and families are responsible to ensure that contact, medical and emergency information within Jackrabbit is up to date at all times.




Banquet

Central Cheer holds an annual semi-formal awards banquet at the end of the competitive season. All members, athletes, families and friends are welcome to attend. Banquet costs are included for Competitive Athletes, and additional tickets can be purchased for guests at a cost to be announced as available.

The following 5 awards are given out to each team

-  Rookie of the year
-  Veteran of the year
-  Showmanship Award
-  Most Improved
-  MVP

There are also an additional 3 program awards that are given out

-  Spirit Award
-  Keaton Whitaker Award (Inspiration award)
-  Athlete of the year

Champion Cheetah Club

Central Cheer challenges its competitive teams to work towards becoming members of the Champion Cheetah Club. Standard challenges have been created with point values attached for the achievement of these challenges. The challenges commence at the first practice and run through until the last practice of the season. The competitive team who ends up with the

highest score at the end of the season will receive custom cheer gear, along with bragging rights and their picture on the Champion Cheetah wall in the gym.

Full team attendance: 25pts

Full team practice gear: 25pts

Zero deductions at competition: 100pts

Full out HIT performance at practice: 75pts

Team Sally: 10pts

Bonus challenges: TBD pts (full participation in: community events, themed practices, health and wellness challenges, etc.)

Competitive Program

Competitive Placements

Placements for competitive teams will take place in August each year. Cost and times will be posted on the Central Cheer website. Coaches will be looking for skills in areas of showmanship, confidence, dance, jumps, tumbling and stunting. Athletes will be placed on teams based on their age, skill set, and coachability, as well as per USASF rules and regulations. Directors and Coaches will make all final decisions regarding each roster.

Glitter Kitties

Central Cheer's mini team is comprised of athletes ages 8 and younger to a maximum of 32 people. The mini division coaches will decide what level is acceptable for the skill set of the athletes based on level rules. The mini coaches can be contacted at central.cheer.glitter@hotmail.com

Kittie Katz & Glamour Katz

Central Cheer's youth teams are comprised of athletes ages 11 and younger to a maximum of 32 people. The youth division coaches will decide what level is acceptable for the skill set of the athletes based on level rules. The youth coaches can be contacted at central.cheer.kittie@hotmail.com or central.cheer.glamour@hotmail.com.

Sassy Katz & Supreme Katz

Central Cheer's junior teams are comprised of athletes ages 14 and under to a maximum of 32 people. The junior division coaches will decide what level is acceptable for the skill set of the athletes based on level rules. The junior coaches can be contacted at central.cheer.sassy@hotmail.com or central.cheer.supreme@hotmail.com.

Crown Katz & Royal Katz

Central Cheer's senior teams are comprised of athletes ages 10-18 to a maximum of 32 people. The senior division coaches will decide what level is acceptable for the skill set of the athletes based on level rules. The senior coaches can be contacted at central.cheer.crown@hotmail.com or central.cheer.royal@hotmail.com.

Queen Katz, Claw Katz, & Wild Katz

Central Cheer's open teams are comprised of athletes ages 17 and older to a maximum of 24 people (or 32 depending on competitions). The open division coaches will decide what skill level is acceptable for the team based on the skill set of the athletes. The open coaches can be contacted at central.cheer.queen@hotmail.com, central.cheer.claw@hotmail.com, or central.cheer.wild@hotmail.com.

Recreational Division

Fierce Katz

Central Cheers' Abilities team is comprised of athletes ages 15 and older to a maximum of 32 people. This team is designed for athletes who have physical or intellectual disabilities. The special needs division coaches will decide what level is acceptable for the skill level of the athletes based on level rules. The Abilities coaches can be reached at central_cheer_rec@hotmail.com

Cheetah Katz Youth (4-8 years of age) & Junior (9-15 years of age)

Central Cheer's recreational team is comprised of athletes to a maximum of 32 people. The coach will decide what level is acceptable for the skill set of the athletes based on level rules. The coaches can be reached at central_cheer_rec@hotmail.com

Cougar Katz (Over 15)

Central Cheer's parent's team is comprised of parents, siblings and or other family members of competitive team athletes as well as recreational team athletes ages 15+ older. The parent's + Rec over 15 years of age division coaches will decide what level is acceptable for the skill level of the athletes based on the USASF level rules. The coaches can be reached at central_cheer_rec@hotmail.com

Cub Katz (18 months – 3 years with Parent)

Central Cheer's parent and me team is comprised of athletes who are 18 months to 3 years of age and their parent/guardian. The coaches can be reached at central.cheer.cub@hotmail.com

Athlete Guidelines

Team Eligibility

Central Cheer allows athletes to be on a school based competitive cheerleading team while on a Central Cheer competitive team as long as the teams are not in direct competition with one another. If practices or events conflict it is at the coaches' discretion. Central Cheer will allow an athlete to compete on up to three teams within Central Cheer. The athlete must meet the age and skill qualifications and have approval from parents/guardians, Coaches and Directors in order to do so. Directors and Coaches reserve the right to place athletes on the appropriate team based on age and ability.

Sportsmanship

Athletes, parents and members are expected to exhibit pride and respect towards Central Cheer, its members, and programs alike and the general public at all times. Central Cheer athletes, parents and members are expected to be positive role models and behave with dignity and appreciation for others. This includes demonstrating the Core Values and Philosophy of Central Cheer, not engaging in negative comments or actions towards others on opposing teams and reporting any concerning actions to a coach. Failure to adhere to these standards can and may result in immediate termination of membership from the program.

Attendance

Athletes are expected to be at every practice, event, competition and/or team function as dictated by their respected coach. Athletes are expected to arrive to practices 15 minutes early to stretch, change and be ready for practice to begin. Athletes must notify their coach a minimum of 24 hours in advanced if they are unable to attend a scheduled practice or function. Failure to do so affects the entire team and coaches reserve the right at their discretion to make changes to: an athlete's contribution to a routine, their ability to compete and/or perform with the team or the termination of membership from Central Cheer.

Attire

Athletes are expected to wear appropriate gym wear for all practices, competitions, events or at any function while representing Central Cheer. White sole runners are required along with appropriate active wear. Athletes are expected to wear central cheer practice attire or gear to all scheduled practices. Clothing may not be offensive and must be worn in an appropriate fashion. Athletes are able to wear crop top sportswear for practices however mid sections must be covered at all time at competitions. Coaches and Directors will request athletes to change if clothing is deemed inappropriate.

Travel

In the event of a competition or event that requires travel and/or an overnight stay, parents are required to work alongside and communicate clearly with coaches, administrators and the program director to plan and ensure appropriate ratios and safety plans are in place.

2016-2017 Youth, Junior, and Senior teams will be travelling to WOW Factor in Minneapolis, MN, USA. Dates and info will be communicated through the season, as it becomes available.

2016-2017 Mini and Rec teams will not be travelling out of province.

2016-2017 Open teams – travel TBD








Safety

Safety Statement

Central Cheer is dedicated to ensuring safety to its members. Central Cheer takes a proactive approach in ensuring all divisions follow the USASF safety rules and guidelines. Athletes are required to demonstrate basic skills before being advanced in difficulty.

Cheerleading is a dangerous sport and injuries can occur. Accident prevention is a shared responsibility and all athletes must take accountability in working together to identify and eliminate hazards.

Basic responsibilities to create a safe program include but are not limited to the following outline:

-  Follow USASF Rules and Regulations
-  Follow directions being given by the Coach
-  Report any injuries or unsafe situations to the Coach
-  Proper stretching
-  Ongoing basic skill development and conditioning
-  Safety suggestions
-  Ensure a Central Cheer Coach is present during any tumbling or stunting skill development.

Coaches reserve the right to request a medical certificate to allow ongoing participation following an injury or potential injury of an athlete.

Program Finances

Fundraising

Central Cheer is committed to helping reduce the seasonal costs for its members. Central Cheer works to provide various fundraising opportunities throughout the competitive season. Each fundraiser may have a different margin of profit and/or benefits to an athlete or Central Cheer. Profits, timelines and general information about these fundraisers are distributed out prior to the commencement of the fundraiser. Majority of fundraisers are voluntary for athletes and members to take part in but there can and may be mandatory program fundraisers. Athletes may be required to pay up front for their fundraising with all profits raised staying with the athlete. All athletes are required to provide one prize (worth min. \$20) or \$15 for use during fundraisers.

Fee's

Central Cheer accepts cash, credit, debit and cheques. All cheques are to be made out to "Central Cheer Inc." Central cheer has laid out a standard payment plan with a \$200 plus GST deposit due prior to placements, and monthly charges (team dependant plus GST) due each month September to May. All members are required to sign a financial agreement during the formal registration process. Failure to adhere to these standards can and may result in a termination of membership from the program. **All Fee's are non-refundable.**

Missed or NSF Fee's

Members are expected to hand in all payments on time. If a scheduled payment is missed, a warning letter will be provided with a clear deadline to rectify the outstanding payment. If the payment is returned as NSF, an additional charge of \$25.00 will be charged and due along with the original owing payment as per specified date. Failure to comply with deadlines outlined in the financial agreement and/or warning letters may result in the affected athlete being asked to sit out of practice, events and competitions until the situation is rectified. A late fee of \$15 per month will be charged for each fee not paid by the deadline. If payments become overdue by 1 month Central Cheer may provide members information to collection firms in order to rectify the overdue account and membership would be terminated immediately.

Member Relations

Open Door Policy

Central Cheer encourages its members to share seek information, provide input, share concerns, and resolve issues through their respected Coach. If members feel a situation is unresolved or mishandled after making contact with the Coach they are encouraged and asked to contact a Director or administrator for further communication.

Respect

Central Cheer strives to provide a satisfying and rewarding experience to its members. Central Cheer promotes an environment where you can feel comfortable physically and mentally, where all members are treated with dignity, respect and are not subjected to any form of discrimination. Central Cheer upholds a high standard for respect between members and non-members alike. Any form of blatant disrespect, discrimination or harassment will not be tolerated by anyone and will be addressed accordingly. This includes and is not limited to body language, tone, volume, cadence, sarcasm, intimidation, threats and challenging behavior between all parents, Central Cheer staff and athletes.