



# ***ADRENALINE ATHLETICS***

## ***ATHLETE/PARENT HANDBOOK***

Thank you for your interest in joining  
Adrenaline Athletics for the 2018-2019 season!

We hope that the information included here will answer all of your  
questions and help you throughout the year.

### **ABOUT ADRENALINE ATHLETICS**

- We are open to athlete's aged 5 to Adult, Male and Female.
- Our teams are competitive USASF/IASF.
- Our next season runs from the start of July 2018 – End of May 2019, with optional camps throughout the summer.
- We train WEEKLY. All team members must attend every session.
- Adrenaline Athletics is looking for unique individuals that can develop current skills and gain new skills throughout the season. Not all teams require specific skills; we simply ask that you are hard working, passionate and committed!

- Adrenaline Athletics members are not permitted to cheer competitively or recreational on any other teams; including school and all-star.
- Adrenaline Athletics is not just a team, but we are also a family. We train hard and we look out for each other, we believe in the “we before me” mentality.

### **OUR MISSION STATEMENT**

*We are an All Star Cheerleading and Tumbling specific facility that focuses on growth, excellence and performance. Dedicated to building great leaders.*

If all of this describes you, you’re ready to come on board!

### **VISION**

*At Adrenaline Athletics we strive to create a fun and challenging cheerleading specific facility that will focus on our core values and mission statement.*

### **CORE VALUES**

*Courage – Determination – Fun – Integrity – Passion – Strength -Trust*

### **WHAT TO EXPECT FROM YOUR COACHES!**

1. Fun, safe and effective training sessions. Planned, structured program of training from qualified and experienced coaches.
2. Motivation. We want you to be your best and push your boundaries. Everyone has strength, we aim to find it and show it off!
3. Value and respect. Everyone is equal, and will be given equal opportunities and support.
4. Support on and off the mat

### **IN THE FOLLOWING PAGES YOU WILL FIND INFORMATION ON!**

- Adrenaline Athletics Team Information
- 2018-2019 Team training times, Important Training & Competition Dates
- Competition Fees and Payment Due Dates
- Attendance Policy
- Membership Costs and Cost Breakdown
- Registration and Membership Paperwork

### **HOW TO REGISTER!**

1. In person at Adrenaline Athletics
2. Our Website
3. Or by Calling Adrenaline Athletics

## USASF All Star Cheer CLUB Divisions for 2018-2019 By Level

### AGE OF COMPETITOR

The USASF recognizes the concern with fielding teams of a broad age range and highly recommends that individual gyms/programs be vigilant in monitoring participants of various ages on the same team and that, whenever possible, a team's composition is made up of participants of similar ages.

USASF Club Level 1				
Level 1	Tiny	5-6 Yrs	Female/Male	5 – 32 Members
Level 1	Mini	5-8 Yrs	Female/Male	5 – 32 Members
Level 1	Youth	6-11 Yrs	Female/Male	5 – 32 Members
Level 1	Junior	8-14 Yrs	Female/Male	5 – 32 Members
Level 1	Senior	11-18 Yrs	Female/Male	5 – 32 Members
USASF Club Level 2				
Level 2	Mini	5-8 Yrs	Female/Male	5 – 32 Members
Level 2	Youth	6-11 Yrs	Female/Male	5 – 32 Members
Level 2	Junior	8-14 Yrs	Female/Male	5 – 32 Members
Level 2	Senior	11-18 Yrs	Female/Male	5 – 32 Members
USASF Club Level 3				
Level 3	Youth	6-11 Yrs	Female/Male	5 – 32 Members
Level 3	Junior	8-14 Yrs	Female/Male	5 – 32 Members
Level 3	Senior	11-18 Yrs	No Males	5 – 32 Members
Level 3	Senior Co-Ed	11-18 Yrs	1 or more Males	5 – 32 Members

- Age for the season is determined by the Athlete's age **AS OF 31 AUGUST 2018**. (Example - If an athlete is 12 as of 31 August 2018 and turns 13 in September 2018, their age for the season is still 12.)
- Please note that through USASF/ISAF the age ranges for some divisions have changed for the new season. This may mean that athletes previously eligible for a youth/junior team will now be required to compete in a junior/ senior team.

*The divisions listed below will be split into "Small" (5-20) and "Large" (21-32/36) if there will be at least 2 teams in each of the "Small" and "Large" divisions. See below for Senior Level 5 split information.*

*\*\* The Senior 5 All Girl division splits are "Small" (5-20), "Medium" (21-30) and "Large" (31-36) provided they meet the split guidelines and have 2 teams in each division. The division will be split "Small" and "Large" first, and if there are enough teams to further split "Large" into "Medium" and "Large" the split will occur provided they meet the split guidelines and have 2 teams in each division.*

**ADRENALINE ATHLETICS TRAINING**  
**ATTENDANCE POLICY**

Please be aware we do not mean to frighten off anyone with our attendance requirements. However, All-Star Cheerleading is a demanding Team Sport that takes full commitment from both athletes and parents. The following Excused and Non Excused policy is not negotiable and applies to every member. Please bear in mind that one person's absence affects the whole team. It is essential that ALL team members participate in ALL scheduled sessions.

***EXCUSED***

***NOT EXCUSED***

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Graded School Event

Homework/revision

Illness with fever/vomiting

Birthdays/ birthday parties

Family Death

Family celebrations/parties

Contagious Illnesses

Recreational Sports Holidays

Work

1. Athletes **MAY NOT** miss training 3 weeks before competition for **ANY** reason
2. Athletes may not miss competition
3. Any events that conflict with the Adrenaline Athletics calendar must be communicated in writing **at least 4 weeks before** the event. Approval of absence is always the Head Coaches decision.
4. Unexcused absences within the season will result in suspension and or loss of position on that team.

**ADRENALINE ATHLETIC'S TRAINING FEES**  
**AND PAYMENT POLICY**

Fees need to be paid in full prior to an athlete participating in any competitions. A 30-day policy is in effect – after the 30 days of the over due payment, the athlete must “sit out” until the account is paid in full. If payment is not made, it will be sent to collections.

**INCLUDED**

**NOT INCLUDED**

Monthly Tuition	Competition Make Up
Competition Music	Competition Uniform
Practice T-shirt	Competition Shoes
Practice Bow	Competition Jacket
Coaches Travel	Choreography/Skills Camp (must fundraise for)
Tumbling Classes	Black Shorts for Practice / Practice Uniform
Competition Fees in Province	Competition Fees out of Province
	Travel/Accommodations for Competitions
	Extra Classes/Clinics/Private Lessons
	Open Gym
	Ticket/Parking at Competitions

**PAYMENT PLAN**

Monthly fees must be paid by standing order for the 1<sup>st</sup> of the month via automatic payment plan, valid Credit Card or Email Money Transfer. We **DO NOT** accept personal cheques. Or you may pay in person per month via Credit Card or Cash at the Front Desk. *\*You are welcome to pay any fees in advance*

Please note that a 3.5% fee is added to any payment with a credit card.

After 7 days a \$40 late fee will be applied to your account. If the account is 30 days overdue then the athlete must sit out until the balance on the account is paid in full or a payment plan has been arranged with the Gym Owner. Your athlete is not permitted to compete unless your account is paid in full.

If an account is overdue, no swag, tickets, orders or event fees may be added to your account.

No refunds are given for any payments received.

If your athlete quits a competitive (11 month) program for any reason other than a medical reason - you are required to pay a \$300 withdrawal fee - which will cover the cost for to re-choreograph the routine.

## **TEAM TRAINING TIMES AND FEES**

Team	Age	Day and time	Coach	Pre Req	Number of Competitions	Fees
Youth	6-11	Mon 4-6pm Wed 5-7pm	Aly & Allison	Level 1 Tumbling or the Basics	4 in province 1 in USA	\$195/mth (11 months) \$2145.00/yr
Senior	11-18	Mon 7-9pm Wed 7-9 pm	Jenn & Sydney	Level 2 Tumbling or more	4 in province 1 in USA	\$195/mth (11 months) \$2145.00/yr
Stunt Group	Invite Only	TBD	Jenn	Level 2 Stunting Plus	4-6 in province	TBD
Indy	Invite Only	TBD	Jenn Sydney Allison	Level 2 Tumbling Plus	4 -6 in province	TBD

We welcome siblings, a discount (20%) is available, please contact the gym.

Crossover Athletes -1/2 price on 2<sup>nd</sup> team, 3<sup>rd</sup> team, etc.

Adrenaline Athletics follows the guidelines of cheerleading's most established worldwide governing body, the USASF/IASF. These guidelines aim to "level the playing field" for competitive cheer, ensuring that athletes compete against others within their age group and skill level. We feel as a program that it is important to follow these guidelines to ensure the best experience of all our athletes.

## **IMPORTANT TRAINING AND COMPETITION DATES**

Members must commit to all of these dates! Please ensure you can fully commit to the team. If you have any conflicts with the dates below please speak to us as soon as possible. Only graded school and family emergencies are considered reason enough to miss training and competition. We **ALL** make social sacrifices for these dates!

Date	Type	Teams	Location
July 1 <sup>st</sup> 2018	Parade	Everyone	Starting at Hillside School
September TBA	Cheer & Charity Work	Everyone	Terry Fox Run
November TBA	Performance	All Teams	Festival of Trees – Grande Prairie
December TBA	Adrenaline Winter Showcase	All Teams	Adrenaline Athletics
December TBA	Team Bonding	Everyone	Sleigh Ride – Festival of Lights - Evergreen
January TBA	Cheer & Performance	Everyone	Wolves Basketball Games GPRC
February TBA	Team Bonding	Everyone	Bowling – 12 Pin
March TBA	Practice	Youth & Senior	California
March TBA	Team Bonding	Everyone	Jumpyard
April 19 <sup>th</sup> 2019	Practice	All Teams	Perfect Storm Edmonton
April TBA	Adrenaline Showcase	All Teams	Adrenaline Athletics
June TBA	Year End Gala	All Comp Teams	TBA
July 1 <sup>st</sup> 2019	Parade	Everyone	Starting at Hillside School

## **IMPORTANT COMPETITION DATES**

Please read carefully, not every Team is competing every Competition

<b><u>Competition</u></b>	<b><u>Date</u></b>	<b><u>Competing</u></b>
Inspire - Edmonton (1 day competition) TBC	December 15 <sup>th</sup> 2018	Youth & Senior
Cold Snap Classic - Edmonton (2 day competition) TBC	January 18 – 20 <sup>th</sup> 2019	Youth & Senior
Red Deer Cheer Challenge - Red Deer (1 day competition)	February 22 – 23 <sup>rd</sup> 2019	Youth & Senior
USA All Star Championships – Anaheim, California USA (2 day competition) TBC	March 16-17 <sup>th</sup> 2019 TBC	Youth & Senior Competition Fee - \$175/athlete
ACE All Star Cheer Extravaganza Edmonton (1 day competition) TBC	April 12 – 13 <sup>th</sup> 2019	Youth & Senior



**UPCOMING FEE DUE DATED**

Fee description	Amount	Due date
Covers competitive insurance, training t shirt and training bow	\$75	Today
Registration Fee (Late July Tryouts Only)	\$100	Today
July Fee	\$195	Today
Cheer shoes	\$40-\$200 (Senior must purchase Black Nfinity Titans)	Today
Adrenaline Athletics Parent Association	\$25/family	Today
<b>TOTAL DUE TODAY</b>	<b>\$435 - \$595</b>	
Bows Event Bow & Competition Bow	\$80	1 <sup>st</sup> Aug
Competition Uniform Includes Top & Bottom	\$475 (50% due = \$238.00) 6-8 weeks after remaining balance is due	1 <sup>st</sup> Aug
Team Jacket (Mandatory for all Competitive Athletes)	\$150	1 <sup>st</sup> Aug
Practice Uniform (mandatory for Youth & Senior)	\$150	1st Aug
Choreography & Skills Camp	\$200/athlete	1st Aug
August Fee	\$195	1st Aug
<b>TOTAL DUE AUGUST 1st</b>	<b>\$775 (without Uniform) \$1013 (with Uniform)</b>	