

# AIRBOURNE CHEER ATHLETICS

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INFORMATION HANDBOOK 2017-2018



COME FLY WITH US!

WEYBURN GYMNASTICS CLUB  
WEYBURN, SK.

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## CONTENTS

Meet Our Founder - Kyla Moffatt .....	3
Mission.....	4
Vision .....	4
Gym Location .....	4
Reasons to Join Airbourne Cheer Athletics.....	4
What is All Star Cheerleading? .....	5
Programs at ACA.....	6
Recreational Cheer .....	6
How are ALL STAR Teams Decided? .....	6
Tumbling Class.....	6
All Star Tiny Prep Level 1 - Hummingbirds .....	7
All Star Mini Prep Level 1 - Parakeets.....	7
All Star Youth Level 1 - Bluebirds .....	7
All Star Junior/Senior Level 1 or 2 - Starlings .	7
All Star Senior Level 2 or 3 - Doves.....	8
Registration, Tryouts, and Placements .....	8
Financial Commitment .....	10
Frequently Asked Questions.....	11
Skills Camp and Choreography Sessions .....	13
Practice Schedule.....	14
Competition Dates.....	15
Competition Expectations.....	16
Attendance.....	16
Sportsmanship.....	16
Image Policy.....	16
Uniforms & Accessories.....	17
Track Suit & Team Gear.....	18
Competition Hair & Makeup .....	18
Participant Responsibilities and Policies .....	19
Gym Rules .....	19
Attendance .....	20
Conduct Expectations .....	20
Parental Obligations.....	21
General .....	22
Refunds & Membership Cancellation.....	22

# WELCOME TO AIRBOURNE

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## MEET OUR FOUNDER - KYLA MOFFATT

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Kyla's love of cheer began in 1991 on the Weyburn Comprehensive School team; she cheered until graduation in 1993. She returned to the sport in 2007 as a coach at Weyburn Junior High and in 2010 she took on the Head Coach duties at Weyburn Comprehensive School.

In January 2015, Kyla and longtime friend / fellow coach Megan Nimegeers founded the Weyburn Association of Cheer Coaches in an effort to grow cheerleading in Weyburn. They organized training clinics with the Saskatchewan Cheerleading Association, developed mentor programs, and submitted a successful bid for WCS to host the Saskatchewan Provincial Cheer & Dance Championships for 2017!

Kyla began coaching Recreational Cheer at the Weyburn Gymnastics Club in the fall of 2015 and began planning to start the All Star program. She has expanded the program at WCS with the addition of Pom dance and plans to add Hip Hop and Jazz.

Now entering her tenth year of coaching, Kyla is the Head Coach of Senior Cheer and Advisor for all of the WCS Cheer and Dance programs. She also volunteers her time as a member of the Saskatchewan Cheerleading Association Board of Directors and is the Cheer Director on the Weyburn Gymnastics Club Board of Directors. Kyla is very excited to be hatching her second season as Owner and Head Coach of Airbourne Cheer Athletics!

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## **MISSION**

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Our mission is to provide an opportunity for Weyburn and area athletes to explore the sport of Cheerleading with experienced and professional coaches. We will aid in the growth of our sport in Saskatchewan by instilling a love of cheerleading and passion for our sport in our athletes and families while celebrating our accomplishments and embracing our challenges and experiences.

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## **VISION**

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Our vision is to create mental and physical strength in our athletes in a safe, positive, and nurturing environment by challenging them to reach their full potential and display good sportsmanship at all times.

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## **GYM LOCATION**

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We have a partnership with our friends at Weyburn Gymnastics Club and train in their facility located at 1900 1st Avenue NW in Weyburn (beside Creekside Carwash).

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## **REASONS TO JOIN AIRBOURNE CHEER ATHLETICS**

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- Fun way to be active and learn teamwork
- Positive and structured environment for optimal learning
- Experienced coaching resulting in quality team and individual progress
- Make new friends while reaching personal and team goals
- Develop self confidence and form great physical habits

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## WHAT IS ALL STAR CHEERLEADING?

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All Star Cheerleading is one of Canada's fastest growing sports. It is an athletic activity that combines elements of gymnastic tumbling, dance, acrobatics and traditional cheerleading skills such as jumps and arm motions. Teams consist of up to 32 athletes performing exciting, professionally choreographed routines set to music. All Star teams are purely competitive and do not perform any traditional team support or crowd leading duties for sports teams or schools.

Teams are set up by age group. The age groups are: Tiny (5-6yrs), Mini (6-8yrs), Youth (9-11yrs), Junior (14 and under), Senior (10-18yrs) & Open (17yrs+). Athletes are grouped according to their age as of August 31st of the registration year so for this year it is the athlete's age as of August 31st, 2017. Teams also compete at specific difficulty levels ranging from level 1 for beginners, up to level 6 for athletes with advanced skills. Training programs are designed to help athletes develop their skills and move to higher levels as they grow in the sport.

All Star is a co-ed activity and is great for boys as well as girls. Some teams compete exclusively in co-ed divisions and some in all-girl divisions. All star cheer is a great way for children and young people to improve fitness and coordination.



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## **PROGRAMS AT ACA**

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### **RECREATIONAL CHEER**

Our Recreational sessions run for 12 weeks. This is a fun environment where the athletes learn the basics of cheerleading in a team environment. They may perform their skills and a mini routine for parents on the last day of class. Clean indoor footwear and athletic clothing should be worn to class.

### **HOW ARE ALL STAR TEAMS DECIDED?**

All-Star Prep Teams are teams who do a condensed routine (two minutes instead of two and a half minutes). These teams train from September through to the end of March. All-Star Prep is a great option for beginners. All-Star Level Teams are decided according to skill level of the athletes as well as age groupings. Stunt technique and tumbling are two components that athletes must demonstrate when being considered for any team. At ACA, we are dedicated to placing athletes at a level where they will be safely participating at their skill level while we encourage and teach new skills.

### **TUMBLING CLASS**

Tumbling classes are a mandatory part of the training for athletes age 9 and up (Youth, Junior, and Senior). Tiny and Mini teams do tumbling within their regular class times. Tumbling classes allow coaches to focus on the skills athletes require at each level and to maximize personal growth and achievement for each athlete as they work on the areas they need to develop.

Private tumbling lessons are available. Please contact Weyburn Gymnastics Club for coach availability and rates.

### **ALL STAR TINY PREP LEVEL 1 - HUMMINGBIRDS**

Tiny team is for athletes ages 5-6 years old as of August 31, 2017. No tryout is required. Registration of athletes will be on June 4th, 2017 from 10am - 4pm at the gym. Bring completed registration sheet and fee of \$25.

### **ALL STAR MINI PREP LEVEL 1 - PARAKEETS**

Mini team is for athletes who will be 7-8 years old as of August 31, 2017. No tryout is required. Registration of athletes will be on June 4th, 2017 from 10am - 4pm at the gym. Bring completed registration sheet and fee of \$25.

### **ALL STAR YOUTH LEVEL 1 - BLUEBIRDS**

Our youth team is for athletes ages 9-11 as of August 31, 2017. Once the athletes have tried out, we will determine the appropriate level for the team (Prep Level 1 or full Level 1). This team trains from September through to the end of March. Tryout for this age level is June 4th, 2017 from 10am - 11am at the gym. Bring completed registration sheet and fee of \$25.

### **ALL STAR JUNIOR/SENIOR LEVEL 1 OR 2 - STARLINGS**

Juniors are athletes age 12 - 14 as of August 31, 2017 while Seniors are athletes age 12 - 18 as of December 31, 2017. Once the athletes have tried out, we will determine the appropriate age grouping for the team. This team trains from September through to the end of April. Tryout for this age level is June 4th, 2017 from 1:30pm - 4:30pm at the gym. Bring completed registration sheet and fee of \$25.

## ALL STAR SENIOR LEVEL 2 OR 3 - DOVES

Athletes who wish to gain a spot on this team must have mastered cartwheel, round off, and walkovers. They must also have a standing back handspring or be working towards it. Those athletes who are registered in tumbling classes or who are willing to take private lessons to gain these skills will also be considered for this team. This team trains from September through to the end of April. Tryout for this age level is June 4th, 2017 from 1:30pm - 4:30pm at the gym.

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## REGISTRATION, TRYOUTS, AND PLACEMENTS

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Registration date is June 4, 2017 from 10:00am - 4:30pm at the gym.

### **What is the difference between Placements and Tryouts?**

Generally, Prep and Level 1 teams are for newer athletes or those athletes whose cheer and tumbling skills are still being developed. There are no pre-requisite skills required to attend a placement session. All athletes who attend a placement session will be placed on a team. This year, we are placing our Tiny and Mini athletes while our Youth, Junior, and Senior athletes are encouraged to attend the tryout for their age grouping.

### ***Prep Level 1***

- working towards Level 1 skills

### ***Level 1 Tumbling Requirements***

- Handstand
- Cartwheel
- Round off



### ***Level 2 Tumbling Requirements***

- Front & Back Walkovers
- Standing back handspring
- Round off back handspring combinations
- Jump combination with good height and form

### ***Level 3 Tumbling Requirements***

- Front & Back Handsprings
- Standing double back handspring
- Round off back tuck combinations
- Jump combination with good height and form to back handspring

### **Please Note:**

Skills alone do not guarantee a position on a team. Coaches will consider not only the skill level of the athlete but past attitude and commitment levels. Coaches may also move athletes whose skills are not entirely at level in order to fill the needs of a team. Example: A Level 1 flyer may be moved to a Level 2 team because that team requires a flyer and the level 1 team has enough flyers. This will be done on an as needed basis.

### **What can I expect at All Star Placements & Tryouts?**

Team placements and try-outs 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. We have a team for everyone, so experience is generally not necessary to cheer at Airbourne Cheer Athletics. If you try out for a level 2 team and are not chosen, you will be considered for a level 1 placement. Please wear shorts and a t-shirt or tank top, clean indoor running shoes, and have long hair tied back. Jewelry and gum are not allowed in the gym.

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## FINANCIAL COMMITMENT

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	Tiny	Mini	Youth	Junior	Senior
Administration Fee	\$100	\$100	\$100	\$100	\$100
Monthly Tuition*	\$115/mth	\$115/mth	\$130/mth	\$135/mth	\$140/mth
Uniform	\$360	\$360	\$360	\$360	\$400

\*Please note: Monthly tuition is the estimated maximum cost. Prices will depend on team sizes and will be finalized after tryouts.

**Tuition INCLUDES:** Practice shirt and bow, competition bow, skills camp, professional routine music, professional choreography, SCA membership, and competition entry fees.

**Tuition does NOT include:** cheerleading shoes, athlete/parent travel to competitions.

The Online Registration for all Weyburn Gymnastics programs (including Airbourne teams) will take place by the end of June. Please watch the WGC Facebook page and website for Registration date.

Administration Fee and Fundraising fees are due when Online Registration is completed. Athletes will receive their lotto ticket books the first week of classes in September.

Fundraising at Weyburn Gymnastics Club is MANDATORY for all athletes using the facility. As a Not For Profit organization, our club relies on Fundraising efforts to keep class fees low for our athletes. All athletes are required to sell ONE book of Lotto Tickets. Families with 3 or more children enrolled in WGC programs are only required to sell a maximum of TWO books. Other voluntary fundraisers are done throughout the season to help families offset their costs.

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## FREQUENTLY ASKED QUESTIONS

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**Q: I have no cheer or tumbling experience. Can I still be on a competitive team?**

A: In most cases, yes. As long as we do not have more athletes at placement than we have positions for, all athletes will be placed on either an all-star or all-star prep team. If we have more athletes than positions, or if an athlete requires additional time to work on his or her skills, some athletes may be recommended for a pre-competitive or recreational program.

**Q: I cannot attend placement/try-outs. What can I do to get on a team?**

A: Please contact the gym by email to arrange for a private assessment. We will do private assessments during the weeks of May 29-June 2 and June 5 - 9.

**Q: My age fits into a younger division but I want to be on an older team (e.g. I am junior age and want to be on a senior team). Can I just go to the placement or try-out for the older team?**

A: We strive to have well balanced teams in regards to both age and ability. If there is a team for your skills at your age division you will not be moved to the next division unless the coaches determine that a specific spot needs to be filled. Athletes should experience what it is like to be the youngest on a team and the oldest for a well-rounded athletic experience.

***PLEASE NOTE: SPRING AND SUMMER TRAINING WILL TAKE EFFECT IN 2018!***

**Q: When is spring training going to take place and why do we need to do it?**

A: Spring training is the perfect time to attempt new skills - athletes are in great physical condition because they are at the end of competition season. It is also a perfect opportunity to set new goals for the athletes who wish to progress to another level or gain new tumbling skills. Spring training dates for 2018 will be announced as soon as they are finalized.

**Q: Why is there summer training for all-star teams?**

A: Taking the entire summer off has a negative impact on athlete's skills especially at the higher levels. Tumbling skills that are not practiced on a regular basis are often "lost" and skill level regresses. Summer is also an important time to build new skills and bond with your team. Summer training is only once a week. Practices will begin the week of August 13, 2018. There will be NO weekend practices during the summer - all training will be on weekdays.

**Q: Do I have to take tumbling in the summer?**

A: Summer tumbling is optional but highly recommended for all levels.

**Q: I am not able to come to any spring/summer practices. Can I still be on a competitive team?**

A: Spring and summer training is important as it is a time to build skills and bond as a team. We understand that families will take vacations but expect athletes to be at the majority of practices. There are no team practices July 1-August 12 so we encourage families to take vacations during this time. We are also running mandatory team training camps. If you cannot attend summer practices and/or summer training camp you must notify us at placements or try-outs next spring.

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## SKILLS CAMP AND CHOREOGRAPHY SESSIONS

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**Skills Camps** are used to teach the fundamental skills the athletes will need in order to be successful on their teams. **Choreography Sessions** are intense learning environments where the teams learn their competition routine. Attendance at Skills Camp and Choreography Sessions are **MANDATORY**. Please clear your calendars for these dates.

### Skills Camps:

August 30 & August 31	10:00am- 4:00 pm	Junior; Senior
September 9 & September 10*	Times TBD	Tiny; Mini
September 16 & September 17	Times TBD	Youth; Junior; Senior
September 30 & October 1*	Times TBD	Tiny; Mini

\*Tiny & Mini Skills camp will be ONE of these weekends. We will finalize the dates and let teams know as soon as we confirm our instructor!

### Choreography Sessions:

November 10 - November 13	Times TBD	Youth; Junior; Senior
November 18 & November 19 OR November 25 & November 26*	Times TBD	Tiny; Mini

\* The dates for Tiny and Mini Choreography will be finalized by the end of September. Thank you for your patience as we work with our clinicians and choreographers to ensure the best possible instruction for our teams.

For Skills Camps and Choreography Sessions, athletes will usually need to bring a lunch, nutritious snacks, and a water bottle. There are absolutely no parents or visitors allowed to watch during skills camp and choreography to ensure the concentration and safety of all the athletes. For our younger teams, parents are welcome to stay in the waiting area or to leave a cell number if they decide to slip out.

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## PRACTICE SCHEDULE

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This schedule is subject to some changes. Practice days will not change, but times may change slightly for some teams. Schedules will be finalized by the end of June.

TEAM	Practice Days and Times	Tumbling Class
Tiny	Monday and Wednesday 4:00pm-5:00pm	none
Mini	Monday and Wednesday 5:15pm - 6:15pm	none
Youth	Tuesday and Thursday 4:00pm - 5:30pm	Tuesday and Thursday 5:30pm - 6:00pm
Junior	Tuesday and Thursday 6:00pm - 7:30pm	Tuesday and Thursday 5:30pm - 6:00pm
Senior	Thursday 7:30 - 9:30pm Sunday 12:15 - 2:15pm	Sunday 11:00am - 12:00pm

Athletes should be dressed and ready to begin practice at the scheduled start time. This means they will need to arrive at least ten minutes prior to class start time to be ready with shoes and practice gear on. Athletes should wear program t-shirts and practice bows for practice. Clean indoor shoes are required to be worn at all times during practice and competition. Since we compete with shoes on, we practice with shoes on, no exceptions (not even during splits or stretching). Hair must be in a ponytail and jewelry must be removed.

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## COMPETITION DATES

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The following are the 2018 competition dates and locations:

Event	Date	Mini	Tiny	Youth	Junior	Senior
Ice Breaker Connexus Arts Centre Regina, SK	February 3	✓	✓	✓	✓	✓
Warman Cheer Classic Legends Centre Warman, SK	March 3-4			?	✓	✓
Best of the West Fieldhouse Regina, SK	March 17	✓	✓	✓	✓	✓
Provincials TCU Place Saskatoon	March 24	✓	✓	✓	✓	✓
Cheer Extravaganza Edmonton	April 20-21				?	?

Dates, locations, and competition selection may change. We will give families as much notice as possible if there are changes. Athletes require parental chaperone and parents are required to transport athletes to and from competition - travel will not be organized by the coaches (with the exception of Edmonton).

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## COMPETITION EXPECTATIONS

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### ATTENDANCE

Please note that all competitions are MANDATORY. With even one person missing it may jeopardize the team's ability to successfully perform their routine or potentially even participate. Athletes must arrive at the competition at their assigned arrival times. Athletes must attend their team's awards ceremony in full uniform.

### SPORTSMANSHIP

Athletes and parents must demonstrate exemplary sportsmanship at every competition. Athletes are strongly encouraged to attend all Airbourne Cheer Athletics team performances to support their cheer family.

### IMAGE POLICY

Athletes are not to be walking around competition partially dressed (sports bras, short shorts/spunks, uniform pieces undone, pants rolled up or waistbands rolled down, etc). Athletes must remain in full uniform until after awards have been given. If athletes are cold they may wear leggings and approved team gear (if applicable).



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## UNIFORMS & ACCESSORIES

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Uniforms are ordered through Total Spirit - a cheer company based in BC. The uniforms are two piece (full bodysuit and skirt with attached brief). The Senior uniform bodysuit is slightly different but still has skirt with attached brief. Due to the design of the uniforms, only bras with beige or clear bra straps are acceptable. Boys' uniform consists of short sleeve shirt and full pants.

Uniforms can be washed in cold water on the Delicate or Gentle cycle, or hand washed with gentle detergent. Hang to dry or use the Air Dry (no heat) feature on your dryer. Do not use pins to adjust uniform sizes, as this tends to cause rips and tears in the fabric.

All athletes will receive 2 program t-shirts and a practice bow. These should be worn to all practices. Athletes are also required to wear black shorts or capri style leggings (not provided).

Cheerleading specific shoes are not mandatory (except for tops/flyers). Any **white, non-scuffing indoor shoes** are suitable - but please make sure that they are only white with no pops of colour or coloured soles. Athletes will need to wear white ankle socks as well (no colours).

If you are looking online for Cheer shoes, some recommended styles are Varsity Last Pass 2.0, Varsity Zero Gravity, and Nfinity Evolution. These shoes are lightweight, designed for cheerleading, and generally last longer than shoes not designed specifically for cheer. Flyers are required to wear cheer-specific footwear.

## **TRACK SUIT & TEAM GEAR**

These will be offered to athletes but are not mandatory to purchase. We will work with locally owned companies in order to support local businesses. More information will be given in the fall.

## **COMPETITION HAIR & MAKEUP**

Hair and makeup style guides for specific teams will be distributed in the fall, but some general guidelines are as follows:

Hair should be pulled up in a straight high ponytail on the top of the head. Do not poof the front. If the athlete's bangs do not stay in the ponytail, use bobbypins criss-crossed in an X to hold them back and spray with hairspray. Once the ponytail is secured, tease the roots of the ponytail to add volume. After sufficient volume is achieved, spray with hairspray. Finally, place the bow on top of the head facing forward.

Athletes with exceptionally long or short hair may be required to style their hair differently than their teammates. Coaches will discuss with parents what is most suitable.

Makeup is required to make the athletes' features 'pop' on the mat. All athletes will be required to purchase and wear black eyeliner and black mascara. Eye colour and cheek colour vary by team and will be provided for each athlete to ensure a match. Clear lip gloss for Mini, Tiny, and Youth divisions will also be provided. Lip colour and gloss will be provided for Junior and Senior teams as well.

Only clear fingernail polish is allowed at competitions. Nails should also be kept neatly trimmed to a length that is not dangerous to self or teammates.

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## PARTICIPANT RESPONSIBILITIES AND POLICIES

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### GYM RULES

1. Athletes must wait for their practice to commence before entering the training area.
2. No use of equipment is permitted unless under the supervision of their coach.
3. Only ACA or WGC coaches may spot tumbling.
4. No food or beverages other than water are to be consumed on the gym floor or training area. This includes chewing gum and candy.
5. No parent or sibling is allowed on the gym floor or training area.
6. All injuries must be reported to your coach immediately no matter how insignificant the injury seems and/or whether or not it is cheer-related.
7. Cheerleaders must wear appropriate clothing and clean indoor cheerleading shoes in the gym.
8. Hair must be tied back and away from the eyes.
9. Absolutely NO jewelry may be worn to practices, especially piercings.
10. No cell phones are allowed in the training area during practice. Athletes who are in violation of this rule will be required to give their cell phones to their coach during practice time. Videos of skills must be approved by coaches and are only to be used on social media sites (i.e. Instagram, Facebook, Twitter, Snapchat) with permission of coaches. Your coach will allow you to use your phone if you have asked permission and it is an appropriate request.

## ATTENDANCE

1. All practices are considered mandatory for the whole season. The safety and preparation of our teams must be respected. Cheerleading demands teamwork and dedication from team members. The coaching staff reserves the right to remove team members from a performance and possibly the team if practices are missed.
2. *Excused absences* for practices are death in the family, sick with a contagious illness, or family vacation (1 month's written notice). Examples of *unacceptable excuses* for missing practice are being sick and not contagious (where the athletes can still watch and not participate), transportation issues, parties, work, homework, etc. PLEASE - NO ABSENCES FOR VACATIONS DURING COMPETITION SEASON!
3. Refunds will not be given for missed practices, camps, or competitions. There will be no make-up classes.
4. Athletes must come prepared for practice/competition and arrive on time.
5. A full commitment to attend ALL competitions as scheduled is necessary. Failure to attend may result in removal from stunt groups, routine and possibly program.

## CONDUCT EXPECTATIONS

1. Challenging the authority of the coach or person in charge by the athlete or parent may be grounds for dismissal.
2. Athletes will maintain a proper appearance with no extremes in apparel, hair and make-up.
3. When traveling, athletes must maintain the highest standard of behavior at all times. No smoking, drinking of alcoholic beverages or use of drugs. This warrants IMMEDIATE dismissal from the program.

4. Directors and coaches have the right to excuse an athlete at any time for unacceptable behavior including (but not limited to): unsportsmanlike conduct towards teammates and other teams, smoking, bullying, drug use, breach of policies etc.
5. No member (athlete or parent) will post any negative comments directly related to Airbourne Cheer Athletics, its members, staff, or coaches on any chat board, blog or any other media, nor shall any member post negative comments regarding any other team/club. Athletes and parents shall not post videos of routines on social media (i.e. Youtube, Facebook, etc.) before the competition season has ended.
6. No members shall post pictures of any member while in uniform or in practice gear that would reflect poorly upon the program, or the individual.
7. Athletes and parents may NOT use the ACA logo or name in the production of any clothing items, bags, etc. All requests to use the ACA logo must be made in writing to the Owner.
8. All valuables should be kept at home. ACA/WGC assumes no responsibility for lost or stolen articles.

## **PARENTAL OBLIGATIONS**

1. Parents are responsible for discussing these rules and ensuring their child is following them at all times.
2. Parents need to ensure their child is in attendance and on time to all practices, competitions and events.
3. Parents will communicate with coaches if the athlete is going to be late or absent.
4. Parents must fulfill all financial commitments. Athletes with overdue accounts WILL be asked to sit out of practice until all accounts are settled.

5. Parents will abide to the viewing schedules. To ensure the focus of our teams, parents viewing will be 15-20 minutes during the last practice of each month.

## **GENERAL**

1. A \$25 Registration Fee is required at the time of placement/tryouts.
2. A \$25 surcharge will be assigned to any cheque that is returned NSF. Repeat offenders will be required to pay with cash in advance. \$25 fee will be applied to accounts if credit cards on file are not able to be processed. Monthly payments more than 14 days overdue will be charged a \$25 fee. Athletes will be required to sit out of practice until fees are paid up to date.
3. Fees are stated as a monthly total. A payment plan has been established breaking the fees into 7 or 8 payments (depending on training months) starting at the beginning of the season (September) and concluding in March or April. Competition registration fees, music fee, and insurance are included in the monthly tuition cost. Uniform, bow, makeup, shoes, team gear, track suit, and travel costs are not included.

## **REFUNDS & MEMBERSHIP CANCELLATION**

1. There are no refunds on All-Star or All-Star Prep Fees after the second practice. If withdrawing from the program before the end of the second practice, a refund of fees paid in the initial payment minus a \$100 administration charge.

2. If withdrawing from the program after the second practice, no refund will be given on fees already paid. Additional fees will cease 30 days after notice has been given in writing. If competition fees have already been paid to competition hosts, those costs must be paid by the participant to ACA/WGC.
  
3. All intentions to withdraw from the program must be done in writing to:  
airbournecheerathletics@gmail.com
  
4. There are no refunds on uniforms, clothing, or shoes.
  
5. There are no refunds on travel and/or competition fees.