

2021-2022 HANDBOOK
BE PART OF THE DIAMOND FAMILY!!



Diamond Elite Cheerleading

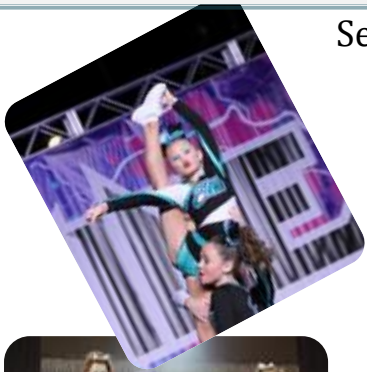
LOCATION: Edison School (West Gym), Okotoks Alberta

Diamond Elite Cheerleading has been serving the Okotoks and surrounding area since 2013 and we are looking forward to another amazing year heading into Season 9!!! We offer programs for all ages and abilities while endeavoring to develop each athlete to their full potential both as an individual athlete and part of their team. Our focus on excellence through athlete development in all areas of the sport of cheerleading is a priority while inspiring each athlete to be the very best they can be in a safe, understanding, and caring environment.

At Diamond Elite Cheerleading we take pride in promoting a healthy, active, and balanced lifestyle in a positive and encouraging gym. Athletes learn dedication to themselves, to their team and to cheerleading as well as their family and community. We want athletes to feel challenged, successful, and excited to be part of our Diamond Family and the sport of Cheerleading!

Diamond Elite is a gym where your athlete can shine!

CHEERLEADING / TUMBLE PROGRAMS – OUR DIAMOND FAMILY!!



Season 9 offers the following Cheerleading Programs:

- **Sessional Cheerleading Programs**

- Super Gems! (2-4 years)
- U6 Novice Rubies (4-6 years)
- Recreational Adult Cheer Team

- **All Star Prep Cheerleading**

- U8 Sapphires (5-8 years)
- U12 Emeralds (8-12 years)

- **All Star Competitive Cheerleading**

- U8 Sparkle Level 1 (7-8 years)
- U12 Shimmer Level 1 (8-12 years)
- U12 Glimmer Level 1/2 (9-12 years)
- U17 Brilliance Level 3 (11-17 years)

- **Tumble Classes and Private Lessons!!!**

- available for members and non-members of any age & all abilities

****Cheerleading, Levels are defined by the difficulty of stunting, tumbling (running & standing), and scored in conjunction with jumps, dance, and routine choreography*****



IT'S YOUR TIME TO SHINE!

CHEER TRAINING & FEE INFORMATION



All Star U6 Novice

Team Name: Rubies

Birth Year: 2015-2018 (ages 4-6)

Practice: Monday 4:00pm-5:00pm

Competitions: 1 Performance per Session

Session Cost: \$295

Not Included: Shoes, competition fees, travel expenses, apparel

FEE BREAKDOWN

Program Fee Due at Registration \$95.00

Monthly Tuition \$50.00/month (Sept-Dec, Jan-Apr)

Team Shirt and Bow are included in the Program Fee

All Star U8 Prep

Team Name: Sapphires

Birth Year: 2013-2017 (ages 5-8)

Practice: Wednesday 4:15pm-5:30pm

Competitions: 3 Competitions (Feb, Mar, Apr)

FEE BREAKDOWN

Program Fee Due at Registration \$300.00

(Program Fee can be split over Aug/Sept/Oct)

Monthly tuition September-April \$85/month

Uniform and Bow are included in the Program Fee

Annual Cost: \$980

Not Included: Shoes, competition fees, travel expenses, apparel

All Star U12 Prep

Team Name: Emeralds

Birth Year: 2009-2014 (ages 8-12)

Practice: Monday & Wednesday 5:30pm-6:45pm

Competitions: 3 Competitions (Feb, Mar, Apr)

FEE BREAKDOWN

Program Fee Due at Registration \$200.00

Monthly tuition September-April \$125/month

Uniform Fee Due October 15th \$250.00

Annual Cost: \$1200

Not Included: Uniform, bow/scrunchie, shoes, competition fees, travel expenses, apparel

INCLUDED IN ANNUAL COST FOR PREP

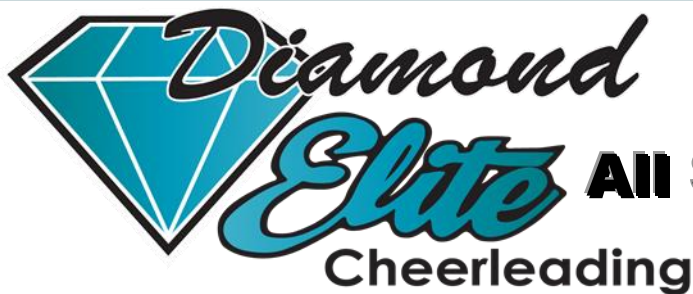
- Professionally edited competition music
- All coaching costs
- Choreography
- Cheer Canada and ACA Membership Fees
- Insurance
- Uniform/Shirt and bow are included for U6 Novice and U8 Prep

NOT INCLUDED IN ANNUAL COST FOR PREP

- Black shorts for practice
- Soft Soled White runners (cheer shoes opt)
- Uniform and Cheer Bow for U12 Prep
- Spectator admission/parking cost at events
- All fees associated with travel
- Competition Fees (fees will be invoiced separately)
- Tumbling Class & Private Lessons (optional for prep athletes)

Fundraising: There are numerous fundraising opportunities throughout the season to help offset program fees.

EMAIL: INFO@DIAMONDELITECHEERLEADING.CA



All Star Competitive Teams



All Star U8 Level 1

Team Name: Sparkles

Birth Years: 2013-2017 (6-8 years)

Season: August 2021 – April 2022

Competitive Camp: August 23rd – 26th

Practice: N/A

Competitions: 4 (Jan, Feb, Mar, Apr)

FEE BREAKDOWN

Program Fee Due at Registration \$375.00

(Program Fee can be split over Aug/Sept/Oct)

Monthly tuition September-April \$140/month

Uniform Due October 15th \$350.00

Annual Cost: \$1495

Not Included: Uniform, bow/scrunchie, shoes, competition fees, travel expenses, apparel

All Star U12 Level 1

Team Name: Shimmer

Birth Years: 2009-2014 (8-12 years)

Season: August 2021 – April 2022

Competitive Camp: August 23rd – 26th

Practice: Tuesday & Thursday 4:00pm-6:00pm

Competitions: 4 (Jan, Feb, Mar, Apr)

FEE BREAKDOWN

Program Fee Due at Registration \$375.00

(Program Fee can be split over Aug/Sept/Oct)

Monthly tuition September-April \$140/month

Uniform Due October 15th \$350.00

Annual Cost: \$1495

Not Included: Uniform, bow/scrunchie, shoes, competition fees, travel expenses, apparel

All Star U12 Level 2

Team Name: Glimmer

Birth Years: 2009-2014 (9-12 years)

Season: August 2021 – April 2022

Competitive Camp: August 23rd – 26th

Practice: Tuesday & Thursday 5:15pm-7:15pm

Competitions: 4 (Jan, Feb, Mar, Apr)

FEE BREAKDOWN

Program Fee Due at Registration \$375.00

(Program Fee can be split over Aug/Sept/Oct)

Monthly tuition September-April \$140/month

Uniform Due October 15th \$375.00

Annual Cost: \$1495

Not Included: Uniform, bow/scrunchie, shoes, competition fees, travel expenses, apparel

All Star U17 Level 3

Team Name: Brilliance

Birth Years: 2004-2012 (11-17 years)

Season: August 2021 – April 2022

Competitive Camp: August 23rd – 26th

Practice: Tuesday & Thursday 6:45pm-8:45pm

Competitions: 4 (Jan, Feb, Mar, Apr)

FEE BREAKDOWN

Program Fee Due at Registration \$375.00

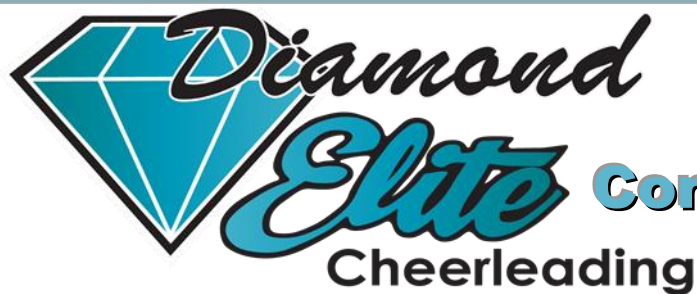
(Program Fee can be split over Aug/Sept/Oct)

Monthly tuition September-April \$140/month

Uniform Due October 15th \$400.00

Annual Cost: \$1495

Not Included: Uniform, bow/scrunchie, shoes, competition fees, travel expenses, apparel



Competitive Team Info...

INCLUDED IN ANNUAL COST FOR COMPETITIVE CHEERLEADING	NOT INCLUDED IN ANNUAL COST FOR COMPETITIVE CHEERLEADING
<ul style="list-style-type: none"> • Professionally edited competition music • All coaching costs • Cheer Canada and ACA Membership • Insurance • Competitive Training Camp • Fall Choreography Sessions 	<ul style="list-style-type: none"> • Black shorts for practice • Cheer shoes (available for purchase through the gym) • Uniform • Cheer Bow/Scrunchie • Competition Fees (fees will be invoiced separately) • Spectator admission/parking cost at events • All fees associated with travel • Tumbling Classes (mandatory for Level 1 & 2 competitive athletes) • Private Lessons

FUNDRAISING: The Diamond Elite Athletic Association (DEAA) provide numerous fundraising opportunities throughout the season to help offset cheer related expenses.

CROSSOVER ATHLETE INFORMATION:

Athletes are able to crossover within the All Star Cheer Program. This means that an athlete is allowed to practice and compete on 2 teams. There is a reduction in fees for the second team an athlete is on. The second team fees will be reduced by \$295. This amount will be deducted from the total annual cost and the remaining balance will be split into a \$200 Program Fee and the balance divided into 8 equal installments from September-April.

TUMBLE TRAINING & FEE INFORMATION



Tumble Program Information



All Star Cheerleading has a large tumble component which requires additional training throughout the cheer season. Athletes can register for the appropriate level according to their current tumbling ability. The Tumbling Program is mandatory for athletes in the Competitive Program and optional for athletes in our Sessional or Prep Programs. Level 3 athletes may register for either a tumble class and/or weekly private tumble lessons. Tumble classes will be offered throughout the week. We are pleased to offer Private Tumble Lessons in addition to Tumble Classes. All classes are taught by qualified and experienced coaches.

TUMBLE LEVELS:

Level 1: forward roll, backward roll, cartwheel, round-off, bridge, bridge kick-over

Level 1 Intermediate: back extension, back walkover, front walkover

Level 1 Elite: switch BWO, cartwheel-FWO, cartwheel-BWO, BWO-BWO, FWO-FWO

Level 2: back handspring, front handspring, BWO-BHS

Level 2 Elite: RO-BHS(s), FWO-RO-BHS,

Level 3: front tuck, back tuck, tumbling series with RO / BHS / FHS / FT / BT

**** ALL tumble levels are at the discretion of the tumble and cheer coach ****

Skills must be mastered to move to the next level. Mastery means that the athlete can perform the skill cleanly and with technical accuracy 4 out of 5 times when tested by the coach.

GROUP TUMBLE INFORMATION

- **Fall Session:** September-December
- **Winter Session:** January-April
- Each Session is 12 weeks
- No more than an 8:1 ratio
- 50-minute classes for 12 weeks
- \$200+gst / session or \$50/month

PRIVATE LESSON INFORMATION

- 1:1 Ratio
- Offered September-April
- Book individually or Set of 5
- \$35 / 30 minutes each
- Set of 4 – 30 min lessons for \$120+gst
- Fees are payable by e-transfer or Visa/Mastercard

MAKING LIFELONG FRIENDSHIPS AND BUILDING EACH OTHER UP!!

COMPETITION/PERFORMANCE SCHEDULE

Events will be confirmed in September

Please note that all Competitions are mandatory - Travel booking instructions and team itineraries will be provided for overnight competitions. Please do NOT book accommodations until you have been given the event details.

Travel Competitions (Vancouver/Ontario/Florida) – for these potential trip's athletes will travel to and from the destination together. Athletes will room together and do all activities as a team. Parents are welcome to attend but athletes will be flying and rooming together and will follow a team itinerary at all times.

Please contact the office for more information.

BLACK OUT
September-April with the exception of gym closures.

GYM CLOSURES:

September 3rd-6th
October 9th-12th
December 23rd-26th
Dec 30th - Jan 2nd
February 18th-21st
April 14th-18th

NO TRAINING:

December 20th-31st
February 21st-25th

PAYMENT INFORMATION AND REFUND POLICY

Payment Information:

1. Athlete's fees and account balances must be in good standing to practice and compete. **Unpaid accounts will result in the athlete not participating and observing at practice.**
2. Fees are stated as an annual total and include all expenses associated with participating on one of our teams. A payment plan has been established to make payment easier by breaking annual fees into Program Fees and splitting the remaining balance into monthly payments September-April.
3. Monthly fees can be made by pre-authorized credit card (Visa or Mastercard) dated the 1st of each month. Fees paid by cash or e-transfer must be secured with a credit card. We do NOT accept cheques.
4. All other expenses can be paid by DEAA credits, cash, e-transfer, Visa or Mastercard.
5. Program Fees (including Membership Fees, Insurance, Music, Choreography) and Competition Fees are due at the time of registration and/or according to the payment schedule. These fees are non-refundable.
6. All returned or declined payments will be subject to a \$25.00 administration fee.
7. A non-refundable Uniform Fee for All Star U12 Prep and All Star Competitive cheerleaders is due according to the payment schedule. Payment can be made in advance by DEAA credits, e-transfer, Visa or Mastercard, or will be automatically debited from the payment method on file on the respective due date.
8. **All PAST DUE invoices will automatically be charged to the credit card on file.**

Refund Policy:

1. One month's written notice (email or letter will only be accepted), dated the first of the upcoming month is required when withdrawing from any program. **Refunds will not be given after October 1st for All Star Prep Cheerleaders and after September 1st for All Star Elite Cheerleaders.**
2. There are NO refunds on Uniforms, shoes, apparel, competition fees or travel fees.
3. All refunds will be charged a \$50.00 administration fee.

Diamond Elite Athletic Association: *Our wonderful parent association works very hard to support all parents and athletes in our programs and offer a wide variety of fundraisers throughout the year. Information regarding fundraisers will be made available as they occur.*

EMAIL: INFO@DIAMONDELITECHEERLEADING.CA

GYM POLICIES

ATHLETE EXPECTATIONS AND PARENT/GUARDIAN RESPONSIBILITIES

GYM RULES - As a team, we will hold ourselves to a standard we are proud of, and we will reach higher!

Safety:

No athlete will jeopardize the safety or well-being of oneself or another teammate. Gum, food, beverages, or outdoor shoes are not allowed on the cheer mats or in the athlete cubby area. ALL jewelry is to be removed for all practices and competitions. Any food brought to the gym is to be eaten and remain in the athlete lounge. ONLY water will be allowed on or near the mats. Hair must be tied off the face and pulled back. Short hair must be pinned away from the face.

Footwear and Attire:

Athletes are to only wear indoor shoes in the gym. Proper cheer footwear is to be worn at all practices and competitions and are not to be worn outside. Appropriate work out clothing (nothing loose fitting) must be worn at all times. Competitive athletes are required to wear black shorts and a fitted tank to practices. This is recommended for Prep athletes as well.

Cell Phone Policy:

1. No cell phone use in gym unless directed by the coach in charge.
2. No cell phone use at competitions from athlete check in and score check.
3. No cell phones during awards ceremonies.

Communication:

We provide a variety of ways to maintain constant and clear communication. Please feel free to communicate through email, phone, or in-person during office hours. We are always happy to have in-person meetings to work through any concerns that may arise. Please do not message coaches directly.

Family Vacations/Holidays:

We understand the importance of family time and respectfully ask that family holidays are NOT booked during the months of September to April with the exception of gym closures for Christmas Break and February Break. Cheerleading and competitions have a large time and financial commitment for our families, and we want to ensure we are properly and safely prepared to practice and perform. Families choosing not to abide by our policies will incur additional expenses at the discretion of the owner to cover additional coaching hours for practices at a minimum of \$100/incident. The athlete may also be removed from the routine for the upcoming competition.

Injury and Illness

Please inform coaches of all injuries before taking the mat or stunting. Injured athletes are expected to attend practices and watch or participate where they can. If you have an injury keeping you from practicing, a doctor's note will be required.

Please take the necessary steps to help prevent injuries and to strengthen injured areas, including doctor visits, physio, etc. If you are ill (contagious, high fever, vomiting) please stay home; otherwise, you are expected to attend.

Appointments

All non-emergent appointments for the athletes are to be made outside of practice and competition hours.

Time Management

We ask that cheerleading is considered the top out of school priority for our athletes. We encourage athletes to participate in all activities they are interested in, however, the commitment of cheer is a team commitment and attendance affects everyone. School work is top priority however, tests, homework, etc, is not considered a valid reason for missing practice. Athletes are expected to learn to manage time effectively to do both school and cheer, as well as any other interests or obligations they have.

Routine Changes

Routines changes throughout the season are based on a variety of factors including safety, judging, skill level and scoring. Athletes must be prepared to learn routine changes, accept routine changes, and support their coach in any and all changes.

The following actions will result in immediate disciplinary action or dismissal from the program:

- Smoking, vaping, drinking or use of any drugs
- Challenging, by athlete or parent, of the coach or person in charge
- Jeopardize the safety or well-being of oneself or another teammate.
- Abusive behaviour, lying, stealing or negative behaviour

BE PART OF THE DIAMOND FAMILY!!

GYM POLICIES

ATHLETE EXPECTATIONS AND PARENT/GUARDIAN RESPONSIBILITIES

LEADERSHIP - *As a team we will stand out as leaders in our community!*

1. Athletes and parents must be aware of the requirements and responsibilities of being part of Diamond Elite Cheerleading. It is a privilege to be on this team and part of the Diamond Family.
2. Each athlete must be willing to cooperate and help the coach or person in charge at all times.
3. Each athlete and parent must conduct themselves of the highest standard when representing Diamond Elite Cheerleading and their team.
4. Athletes will seek out opportunities to help others they see in need, whether from their own gym or others.
5. Each member must be willing to work hard, take direction and strive for excellence.

ATTENDANCE - *As a team, we are committed to our training and development!*

Due to the nature of Cheerleading, attendance is of the utmost importance. Routines cannot be completed, practiced, or performed without the whole team in attendance. Coaches cannot do their job without an entire team at practice. Athletes who miss practices may be moved from positions in the routine or pulled from the routine for an upcoming competition at the coach's discretion.

1. All practices and competitions are mandatory.
2. Tardiness or absences at practice, competitions or team events is grounds for disciplinary action or dismissal.
3. Continuous failure to be productive at practices is grounds for dismissal.
4. If you are sick or injured, you will be expected to perform and attend as much as possible. You will support your team and watch any changes that may affect you.
5. Competitive Cheer Camp and Choreography Sessions are mandatory for our competitive athletes.

ATHLETE EXPECTATIONS - *As a team, we will work together to be our best!*

1. Athletes will maintain the highest standards of behaviour.
2. Athletes will maintain an appropriate appearance with no extremes that would cause distractions for judges and spectators (nail polish, hair-dye, tattoos, make-up etc.).
3. Athletes will be on time to all practices, competitions, and events.
4. Athletes will set goals for themselves and will do everything in their power to meet team and individual goals.
5. Each athlete is responsible for finding out missed information and responsible for reading or discussing all emails and communication from the gym with their parents.

COMPETITIONS:

- Competitions are 100% mandatory, from beginning to end.
- Athletes are to stay with their coach from their check-in time until after awards unless otherwise directly told by their coach.
- Colds and flu are part of Canadian winter and athletes will be expected to compete even in their worse condition. Modifications will be made to the routine for the athlete, but stunts will be required. Safety is our primary concern.
- As a team, we will do everything we can to show the judges what we are capable of!

PARENT/GUARDIAN EXPECTATIONS and RESPONSIBILITIES:

1. Parents and family members are expected to maintain the highest standard of behaviour. Any negative behaviour towards Diamond Elite staff, athletes, parents, or other cheer programs will result in dismissal from the team.
2. Parents are responsible for discussing expectations and policies with their athlete and other family members and ensuring their athlete and family members follow these rules throughout the season.
3. Parents need to ensure athletes are in attendance and on time to all practices, competitions, and events.
4. Parents are to inform the gym by email if their child will be late or absent for any reason.
5. Parents are to fulfill all financial obligations. Athletes will not practice if fees are not current.
6. Parents are to encourage and support their athlete to the best of their ability and maintain a positive attitude.
7. A viewing schedule may be implemented at any point during the season to ensure the focus and safety of our teams.
8. Parents must complete the Respect in Sport Course no later than October 31st of the current season. There is a small fee to complete this course. As of October 31st, any members without this condition will result in the athlete sitting out at practices.

As a parent of a DEC Athlete, I will do my best to be supportive and stay positive!!!

EMAIL: INFO@DIAMONDELITECHEERLEADING.CA