

# **Annapolis Valley** **Cheer Club**



## **AVCC ALL-STAR COMPETITIVE CHEERLEADING**

**2013-2014**

## **Information Package**



### **CONTACT INFO**

Phone: (902) 691-3331

E-mail: [av\\_cc@hotmail.com](mailto:av_cc@hotmail.com)

Website: [www.annapolisvalleycheerclub.com](http://www.annapolisvalleycheerclub.com)

Facebook: [www.facebook.com/annapolisvalleycheerclub](http://www.facebook.com/annapolisvalleycheerclub)

# WELCOME TO AVCC

Welcome to the world of All-Star Cheerleading with Annapolis Valley Cheer Club.

If you are not yet an AVCC member, you're about to find out what it feels like to be a part of our AVCC family. If you are a returning athlete, we'd like to welcome you back to another unforgettable season!

Annapolis Valley Cheer Club is entering its 6<sup>th</sup> season. For the past 5 years our athletes have grown in leaps and bounds. Our athlete's achievements and accomplishments, as well as our incorporation of recreation and pre-competitive teams, along with having the most highly certified cheerleading coaches in the area, have helped to make AVCC the most successful Cheerleading program in the Annapolis Valley.

Thanks to the hard work and dedication of both our fabulous staff and awesome athletes we have progressively improved our skills and are becoming a program to watch.

The last 5 years have seen AVCC athlete's capture over 25 Division Championship titles at various competitions and 5 National Championship titles.

All of our competitive teams are equally important to our All-Star program; as a result they all receive expert training with coaches certified at the highest levels in cheerleading with USASF (stunts, tumbling and tosses). Our athletes get to work with some of the most well

known coaches and choreographers in the industry, no matter what level.

At AVCC we strive to create the best possible learning environment for your child. Safety and the quality of coaching are our top priorities. For this reason, we ensure that all coaches are fully certified in stunting, tumbling, and tosses as well as first aid and CPR. Our coaches also hold other certifications such with CDTA (Ballet, Stage and Acro), CANFITPRO, NCCP and NSSAF.

Our experienced, qualified coaches are dedicated to providing quality instruction, in a fun, welcoming environment. We stress teamwork, goal setting, positive self-esteem and a sense of family within our club. Our cheerleaders take pride in their achievements and in representing their community. We strongly believe in the positive benefits of cheerleading, we strive to be positive role models for the athletes, and focus on not only creating great athletes but also creating and influencing well-rounded, respectable youth. Above all else we stress the importance of fun, and the success that comes with commitment, dedication, hard work and love for the sport.

This info. Package is meant to give you a greater understanding of the commitment athletes and families make when deciding to become part of AVCC's All-Star competitive program.

If you have any questions regarding this information, or our team placements, please do not hesitate to contact us by phone: (902) 691-3331 or by email: [av\\_cc@hotmail.com](mailto:av_cc@hotmail.com)



## How to become an AVCC All-Star Athlete:

- ★ Read this registration package thoroughly
- ★ Attend June 8<sup>th</sup> team placement with team placement form
- ★ Attend first practice June 13<sup>th</sup> with the following:
  - Registration/Waiver Form
  - Signed Policies
  - Payment (full-cash, cheque, credit card or monthly- post-dated cheques, pre-auth credit card)

# FULLY COMPETITIVE TEAM PLACEMENTS

All athletes that wish to be a part of AVCC's Fully Competitive All-Star program must attend a team placement. AVCC has team placements in June each year to form teams based on who works well together, skills and age levels. Teams will then start their summer practices the week after team placements. If you are not able to attend a team placement, but wish to be part of the competitive program, please contact Megan at [av\\_cc@hotmail.com](mailto:av_cc@hotmail.com). Private placements are based on availability; spaces on teams are limited, so if you miss the group placements, we cannot guarantee a spot will be available.

Team placements are for coaches to evaluate your skill-set, flexibility, and fitness level. Athletes will be put into stunt groups of similar age and abilities to demonstrate the above. EVERYONE is welcome to attend the team placements, even if you have never cheered before.

Athletes will be placed on a team that best suits their age and ability level. All coaches will work together to place athletes accordingly.

For 2013-2014, AVCC anticipates offering the following teams, level of team will be determined by coaching staff and is eligible to change throughout the season based on team progress.

Youth	Ages 11 and younger Level 1 or 2
Junior	Ages 14 and younger Level 1, 2, or 3
Senior	Ages 10-18 Level 2, 3 or 4.2
Open	Ages 14+ Open 4.2

\*Age is based on how old athlete is as of August 31 of current year.

Team Placement Forms (found at the back of this packet) must be brought to team placement, or mailed prior to.

AGES*	PLACEMENT DATE @ Berwick Town Hall Gym
11 and under	June 8 from 1pm-2:30pm
10-14 years old	June 8 from 2:30pm- 4:30pm
15 and older	June 8 from 4:30pm- 6:30pm

\* While age is a factor in team placements, it is always possible that an athlete has the required skill set to be on a team that is an older age group, this is dealt with completely individually and is determined by coaches.

It is important to indicate on your placement form how many teams you are willing to be on, and, if only one team, WHICH teams you would accept a position on. Athletes are permitted to attend any placements they are eligible for, younger athletes are sometimes placed on older teams based on skill, check with the director, attend the placement and it will be determined based on performance at placement.

**POTENTIAL TEAMS:** The number and type of teams at AVCC will be based on the interest and abilities displayed at placements.

## ★OUR FACILITY★

**We practice out of Central Kings, in Cambridge, centrally located in the Annapolis Valley!**

Even though we don't have our "own" gym (yet), the facility at Central Kings is fabulous, we have all the needed equipment which includes: FULL 9-strip competition size matted floor, a 6x12 fully sprung tumble strip, and tumbling equipment (octagons, handspring wheels, crash mats, etc.)

We also have a parents viewing area that is OUTSIDE of the gym, with windows for the parents to enjoy watching their child, without distraction for the athletes!

During the summer months we practice at Berwick Town Hall Gym where we have the full matted floor as well as the tumble strip set up each week.

# ALL-STAR LEVELS

In understanding the level selected for a team it is important to understand the rules that All-Star teams follow. Below is an overview of the USASF level permitted skills.

All-Star Levels at a Glance	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4 and 4.2	LEVEL 5
STUNTS	2 legs prep level Straight cradles only One leg BELOW prep One leg at Prep if supported in a pyramid	2 leg Extension Cradles only 1 leg at prep 1 leg extension if supported in a pyramid	1 leg extension with straight cradle only 2 leg prep or extension, can single twist down	1 leg extension with twist cradle 2 leg prep or extension, can double twist down	Double full into and out of stunts. Release moves (tic-toks)
TOSSES	No tosses	Tosses with straight throws only	Tosses that can have ONE trick (toe touch for ex.)	Tosses that can have TWO trick (kick twist.)	Tosses that can have THREE tricks (hitch kick twist, kick double full etc.)
TUMBLING	Walkovers	Front & back hand springs	Front back tucks	Handsprings (4.2) Layouts (4)	Full twists, double fulls



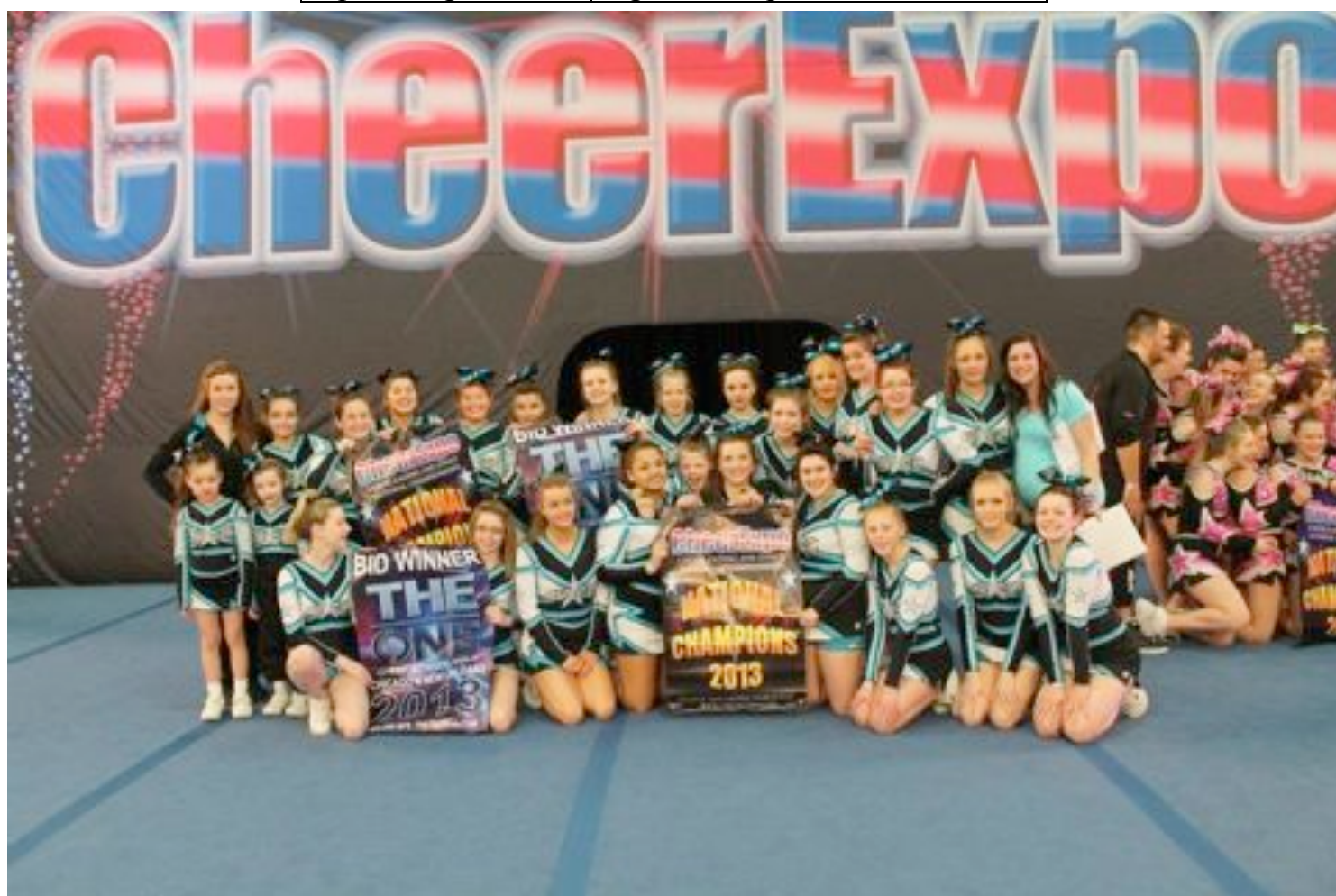
\*\*AVCC Team levels are NOT set in stone at the start of the season, levels will be determined upon working with the teams, seeing their skill-set and ability level, coaches will decide levels based on where the team will be most successful, while still providing an athletic challenge.

# IN SEASON SIX AVCC IS **TAKING OVER**

Each year we choose a different theme. This is a fun way for athletes to identify with one another, and pull them together as a club, as the team names will all be interconnected by the bigger “main” theme.

For 2013-2014 our team names are all about power, and strength as we are back for more, ready to take over the floor!

TEAM NAME	AGE/LEVEL**
Youth Invasion	Ages 11 and younger Youth 1 or 2
Junior Revolution	Ages 14 and younger Junior 1, 2, or 3
Senior Conquer	Ages 10-18 Senior 2, 3 or 4.2
Open Reign	Ages 14+ Open 4.2



# ALL-STAR PRACTICE SCHEDULES

Summer practice times are below. Summer practices will start on Thursday June 13<sup>th</sup> after team placements. Athletes will be notified within 2-3 days of attending the team placement as to which team(s) they have been placed on. Registration forms (found at the back of this packet) must accompany athlete to their first practice, along with signed waiver (attached) and signed policies (available at placements, from our website, or by contacting the director).

We will change to our fall/winter schedule the week of September 9<sup>th</sup>, 2013.

DIVISION	SUMMER PRACTICES @ Berwick Town Hall Gym (June-August)	FALL/WINTER PRACTICE @ CENTRAL KINGS (September-May)
Youth Invasion	Thursdays 5:00pm-6:00pm	Thursdays 5:00pm-6:30pm
Junior Revolution	Thursdays 6:00pm-7:00pm	Tuesdays 5:00pm-7:00pm
Senior Conquer	Thursdays 7:00pm-8:30pm	Tuesdays 8:00pm-9:00pm and Thursdays 7:30pm-9:30pm
Open Reign	Thursdays 8:30pm-9:30pm	Wednesdays 6:15pm-9:15pm

Practices should be treated as mandatory throughout the Competitive Season (September-May), and are equally important in the summer (June-August), however, coaches understand in the summer months (within reason), if an athlete misses a practice here and there due to vacations, etc. Please see our policies for more in depth information regarding attendance.

Thorough policies, rules and regulations regarding attendance and other aspects of All-Star fully competitive cheerleading are available through our "POLICES AND PROCEDURES" handout.

A copy of the policies is to be turned in upon registration, with each page initialed and signed at the back. It is important that you familiarize yourself with these so you are fully aware of the commitment and expectations, as well as various other regulations regarding All-Star Competitive cheerleading.

## TUMBLING FOR ALL-STAR ATHLETES

We have included two tumbling classes this year based on level; so that athletes will have a structured class setting vs open tumbling time. Tumbling is not an additional cost, being an All-Star athlete includes tumbling classes!

This class will also serve as a weekly team builder boosting club spirit, allowing the different teams to spend some time with one another, while working on different skill levels as required.

This is in addition to the weekly practices for all teams starting in the fall, at no extra cost.

### Other Tumbling Options:

Private Lesson: \$20.00 per half hour

Semi-Private (up to 4 athletes): \$70.00 per 45 minutes

Must Pre-Book with Director.

# YEARLY INVESTMENT and ADDITIONAL COSTS

DIVISION	TUITION	MONTHLY PAYMENT PLAN 11 Payments
Youth Invasion	\$545.00+hst=\$626.75	\$56.97/month
Junior Revolution	\$590.00+hst=\$678.50	\$61.68/month
Senior Conquer	\$681.00+hst=\$783.15	\$71.19/month
Open Reign	\$681.00+hst=\$783.15	\$71.19/month
Competitive Tumbling	1 hour for YTH, JR, SR and OPEN included in above cost.	-----

- We offer multiple team/class discounts (50% off the 2<sup>nd</sup> team) and sibling discounts (25% off for the 2<sup>nd</sup> child of the same family!)
- **CHOREO/SKILLS CLINIC cost is included in tuition**→ Clinics will take place in the summer and early fall. We will have skills clinics and learn routine choreo. (Dates are TBA, skills clinic will be a weekend in July, Choreography will be a weekend in September) with guest instructors and choreographers.

TUITION must be paid in full by cash, credit card or cheque, or monthly by post-dated cheque or Pre-Auth Credit Card payments. Cheques written out to "Annapolis Valley Cheer Club."

Tuition is SEPARATE from the additional costs, such as Competition Fees, Uniform Fees etc.

**★ADDITIONAL COSTS (Paid to Annapolis Valley Cheer Club, but have different due dates than tuition).**

ALL ADDITIONAL COSTS can be fundraised! However, if not fully fundraised by the due date, the remainder MUST be paid.

Our AVCC Parent Association (AVCCPA) organizes various fundraisers throughout the year to help athletes with these additional costs. They then turn over your amount raised to AVCC, you would be required to pay any difference to AVCC.

**→ UNIFORM COSTS (DUE Oct.12/13)**

- ★ UNIFORM: \$115.00 (Includes skirt, shirt, shorts and bow).
- ★ BOW ONLY: \$15.00

The uniform will be the exact same for Youth-Senior that was purchased in 2011-2012.

We will have a "buy, sell, trade" day in October, by doing this, costs are kept low for those returning, and new members will also have an opportunity to "swap" or buy "second hand" from returning members.

- ★ OPEN UNIFORM \$80.00
- ★ SNEAKERS range from \$40.00-\$100.00 depending on the style, ALL athletes Youth-Open MUST have proper athletic cheerleading sneakers (you are welcome to purchase outside of what the club offers –ebay, online etc., so long as they are TRUE cheer sneakers –Kaepa, Varsity, Infinity etc.)

**→ COMPETITION COSTS (ALL TEAMS YOUTH-OPEN/IO)**

- ★ REGULAR SEASON COMPETITIONS:
- ★ \$215.00 Due Nov. 1/13 (Youth, Junior, Senior)  
→ Includes 5 Nova Scotia Competitions and one Out of Province (usually NB) competition.
- ★ \$70.00 ( Due Nov. 1/13 Open) → Includes 2 Nova Scotia Competitions
- ★ CHEER EXPO: \$80.00 Due Dec. 1/13 (Youth, Junior, Senior and Open)
- ★ PROVINCIALS: \$50.00 Due Feb 1/14 (Youth, Junior, Senior and Open)  
TRAVEL and ACCOMODATIONS for competition is responsibility of individuals.

## FAQ

### **Q: What Are The Coaches Looking For?**

A: Athleticism and desire. We are looking for well-rounded athletes who are willing to work hard, have fun and do their best. Please review the USASF level system to understand the skills the coaches are evaluating. Remember though, we have teams and programs for all ages and abilities.

### **Q: What do you do at Placements?**

A: Athletes will be put into stunt groups of similar age and abilities (don't worry we know you aren't attending with your "regular stunt group") to demonstrate what you've got. You will tumble. And we'll also evaluate your jumping skills. We will teach you a short dance and watch you learn it. Remember to try your best as effort and determination is key.

### **Q: What Should I Wear to Tryouts?**

A: Athletic clothing - shorts, t-shirt and running shoes. Ponytail, NO long fingernails!

### **Q: What about fundraising?**

A: AVCC has an active and involved Parent Association that helps to organize fundraisers to assist athletes in paying for Competitions and Uniforms. 90% of the money an athlete makes goes directly to the athlete. You do not have to fundraise. You will never be asked to pay a fundraising fee.

### **Q: Are practices mandatory?**

A: Yes, except through the summer months (within reason). Summer Clinics are mandatory. We recognize that you need to have some time off - and a little bit of summer fun. If you are in town (not at camp or the cottage) then come to practice, as it will only benefit your development. If you miss an excessive amount of time, coaches can not guarantee you a specific position on the team.

### **Q: What if I am on another sports team in the summer?**

A: We will try to be as accommodating as possible, while still stressing the importance of athletes being committed to bettering their skills by attending practices in the summer.

Often times, compromises can be made so long as other coaches agree (ie. Split the time you are at each activity so that you are still attending both as much as possible, this could mean leaving one practice 15 minutes early to get to another 15 minutes late, or for summer months only, missing one week, attending the next).

### **Q: What if we're on vacation in the summer?**

A: Awesome, hope you enjoy it and have a blast. There will be a set of rules for SUMMER and then we are back to our strict attendance policies for Fall/Winter. Does this mean it's ok to miss random practices whenever you feel like it in the summer? NO, but we will be understanding (WITHIN reason).

### **Q: What if someone wants to join after placements?**

A: That person would have to do a PRIVATE placement with coaches, and if (ONLY if) there was space on a team, they may be permitted to join, but once placements happen, if teams are full, they're full!

### **Q: I'm already an AVCC athlete; do I need to do a placement every year?**

A: Yes you do. Not to worry though, we have faith in your abilities; we just need to review your skills to see if the team you are currently on is the best one for you.

### **Q: I'm on a school team, will that interfere?**

A: No. We believe that cheering for your school or taking part in other extra activities is important. A schedule needs to be worked out by which you are still committing to all of your obligations with any and all teams you are part of. At the beginning of the season, we need athletes to be honest with us to determine any conflicts in scheduling and then we'll work with you, your parents, and the coaches of your "other" activities.

### **Q: How many people are you looking for?**

A: We don't have a set number of people that we are looking for. We are looking for great people who will make a fabulous team - no more and no less. We cannot run any competitive teams with less than 10 athletes.

### **Q: Are there other options in terms of competitive teams?**

A: If you want a FULLY competitive (attend all comps, Expo and Provincials,) the answer is no. BUT we do offer Pre-Competitive teams. They start in September. We will also have a Youth/Junior Pre-competitive ages 14 and under starting in September. Pre-competitive teams allow for those interested athletes to still get to compete at 2 competitions per season, with less demand, commitment, and, an additional option in the case of finances.





## TEAM PLACEMENT FORM

-Please return prior to team placements on June 8, 2013

ATHLETE NAME

\_\_\_\_\_

AGE

\_\_\_\_\_

EMAIL ADDRESS

\_\_\_\_\_

DATE OF BIRTH

\_\_\_\_\_

PARENT(s)/GUARDIAN(s) NAME:

\_\_\_\_\_

PHONE NUMBER(s):

\_\_\_\_\_

POSITION (Check all applicable positions, keeping in mind this does not guarantee positions)

TOP

BASE

BACKSPOT

FRONT SPOT

Please list any Gymnastics Skills you can comfortably and consistently perform on a Spring Floor:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please check the teams that you would accept a position on, that you are age eligible for

YOUTH

JUNIOR

SENIOR

OPEN

Are you interested in being on more than one team (50% discount off 2<sup>nd</sup> team)?

YES

NO

Do you plan on taking advantage of the tumbling classes offered in September?

YES

NO

Please list any vacations, trips or time away that you will be taking between June 2013 and May 2014, please be as specific as possible:

AGES*	PLACEMENT DATE @ Berwick Town Hall Gym
11 and under	June 8 from 1pm-2:30pm
10-14 years old	June 8 from 2:30pm-4:30pm
14 and older	June 8 from 4:30pm-6:30pm



Email: [av\\_cc@hotmail.com](mailto:av_cc@hotmail.com)

Website [www.annapolisvalleycheerclub.com](http://www.annapolisvalleycheerclub.com)

Mailing Address: 1151 Russia Rd. Waterville, NS B0P 1V0

### **2013-2014 REGISTRATION FORM**

ATHLETE NAME:		DATE OF BIRTH DAY/MONTH/YEAR:	
MAILING ADDRESS, INCLUDE POSTAL CODE:		EMAIL ADDRESS:	
ATHLETE HEALTH CARD NUMBER:		HEALTH CARD EXPIRY:	
MOTHER/GUARDIAN NAME:		PHONE NUMBER:	
CELL PHONE:		WORK PHONE:	
FATHER/GUARDIAN NAME:		PHONE NUMBER:	
CELL PHONE:		WORK PHONE:	
EMERGENCY CONTACT NAME:		PHONE NUMBER:	
MEDICAL INFO (ALLERGIES, ILLNESSES, INJURIES ETC)"			
SELECTED TEAM/CLASS:			
METHOD OF PAYMENT PLEASE CHECK ONE:	FULL (CHEQUE, CASH OR CREDIT CARD) <input type="checkbox"/>	MONTHLY POST-DATED CHEQUES <input type="checkbox"/>	MONTHLY PRE-AUTH CREDIT CARD <input type="checkbox"/>
STUDENTS SUBTOTAL:		<b>+ 15% HST:</b>	
TOTAL:			
How did you hear about AVCC?			
TSHIRT SIZE:			

**PAYMENT PLAN:** Monthly, 11 Post-Dated Cheques (June-April, 15<sup>th</sup> of each month).

**Payment MUST be made at start of the season in full (cash, cheque or credit card), OR payment plan (post-dated cheques, or Pre-Auth. Credit Card only for payment plan).**

Cheques made payable to Annapolis Valley Cheer Club.  
For Pre-Auth. Credit Card payment, fill out the Pre-Auth Credit Card Form.

**Waiver form and signed policies must accompany registration.  
Policies/Regulations Contract must be read, signed and returned upon registration.**

# Waiver Form and Release 2013-2014

I do hereby acknowledge that I (or my child) intend to participate in one or more athletic endeavors while a member of the Annapolis Valley Cheer Club cheerleading team for the 2013-2014 season (June 2013-May 2014) and I am doing so of my/his/her own free will.

I acknowledge that the coaches/advisors will behave prudently in the instruction of cheerleading skills in an effort to avoid injuries and/or accidents from occurring. I realize that participating in athletic endeavors entails the risk of injury to the participants. I accept this risk regardless of the nature of the injury and/or the athletic endeavor in which I/my child will participate.

I acknowledge that the term "athletic endeavor" as used herein includes ANY cheerleading activity including drills, stunts, jumps, choreography, and gymnastics of any kind.

I also waive and absolve Annapolis Valley Cheer Club, the coaches, advisors, sponsors, parent volunteers or other volunteers, the staff and/or volunteers of any venues in which we practice and perform, or any more of them or their executors, administrators, heirs, next of kin, successors or assigns, of and from any or all liability and responsibility for injuries, sickness, accidents, and/or natural occurrences during participation by myself in camps, clinics, private coaching, choreography, and any other cheerleading activity.

I understand each participant is responsible for his or her own personal health, medical, dental, chiropractic, and accident insurance coverage. MSI coverage and a recent medical are strongly urged.

I, my heirs, executor and administration, intending to be legally bound, do hereby waive, release and forever discharge any and all rights for claims for damage which I/my child may have or may hereafter accrue to myself/my child against Annapolis Valley Cheer Club, the coaches, advisors, sponsors, parent volunteers, or other volunteers, the staff and/or other volunteers of any of the venues in which we practice or perform, for any damages which may be sustained or suffered by myself, my child and/or my family in connection with my association with or participation in, or arising out of travel and/or return from any cheerleading related site or activity affiliated with Annapolis Valley Cheer Club.

## **PUBLICITY WAIVER AND RELEASE**

I/my child will be participating as a member of Annapolis Valley Cheer Club. I/my child agree to allow any photos, videos, and/or audio recordings taken of myself at any cheerleading event to be used by Annapolis Valley Cheer Club for promotional or educational purposes. These mediums include but are not limited to our website, newspaper articles, and press releases.

**Athletes Name:**

\_\_\_\_\_

**Athlete Signature (if over 18):**

\_\_\_\_\_

**Parent/Guardian name (please print):**

\_\_\_\_\_

**Parent/Guardian signature:**

\_\_\_\_\_

**Date:** \_\_\_\_\_