



Annapolis



**CHEER
CLUB**

Valley



PRE-COMPETITIVE TEAMS

2013-2014

"Ready to Take Over"

Pre-Competitive teams are a great option for athletes who are looking for a taste of All-Star cheerleading. Pre-Competitive teams require less commitment, and provide an inexpensive financial option in comparison to fully competitive All-Star cheerleading.

Fully certified coaches work with the Pre-Competitive teams, where athletes will learn the fundamentals and basics of cheerleading, and get to experience a bit of competitive cheerleading. Athletes learn stunts, pyramids, tosses, tumbling, motions, dances, formations and transitions.

Whereas our fully competitive teams attend 5 local competitions, an out of province competition, cheer expo and provincials; AVCC's pre-competitive teams will attend 2 local competitions only.

Pre-Competitive teams practice from September-May.

No team placement necessary for Pre-Competitive, just regular registration!

Mini Courage– Ages 4-8

Mini Courage will be Wednesdays from 5:30pm-6:15pm, at Central Kings High School. This team will showcase their routine at two competitions as well as at our Spring Showcase.

Youth Victory–Ages 9-11

Youth Victory will practice on Fridays from 5:30pm-6:15pm, at Central Kings High School.

This team will showcase their routine at two competitions as well as at our Spring Showcase.

Junior/Senior Dominate–Ages 12-18

Division will be determined once we know the ages of members.

Junior/Senior Dominate will practice on Fridays from 6:15pm-7:15pm, at Central Kings High School.

This team will showcase their routine at two competitions as well as at our Spring Showcase.

Special Needs Power-All ages

Special Needs team practice on Fridays at Central Kings High School from 7:15pm-8:00pm

This is an opportunity to encourage participation and movement through a sensational sport. Special Needs Athletes benefit from their time together at practice. Not only do they stimulate their social and motor skills, but also the thrill of performance is a special memory to all of us.

USASF definition of Special Needs: Intellectual disability:

1. A condition characterized by impairment of skills and overall intelligence in areas such as cognition, language, and motor and social abilities as identified by an agency or professional, or 2. A cognitive delay, as determined by standardized measures such as intelligent quotient testing or other measures that are generally accepted within the professional community.

PRE-COMPETITIVE TEAM COSTS

Pre-Competitive team costs are the same as our recreation costs, however they have an additional cost for uniform and competition fees.

Mini Courage, Youth Victory, Special Needs Power (45 minute practice)

\$250+hst=\$287.50

Option 1: \$57.50 (5 bi-monthly payments)

Option 2: \$31.94 (9 monthly payments)

- ★ Uniform & competition fees not included

Junior/Senior Dominate (1 hour practice)

\$280.00+HST = \$322.00

Option 1: \$64.40 (5 bi-monthly payments)

Option 2: \$35.77 (9 monthly payments)

- ★ Uniform and competition fees not included

Additional Fees for Pre-Competitive Teams

- ★ Uniform: \$70.00 (tax incl.) Due October 5/13
- ★ \$30.00 (tax incl.) Uniform for Special Needs Due October 5/13
- ★ Competition Fees: \$70.00 (tax incl.) Due November 1/13
- ★ Sneakers

Pre-Competitive athletes MUST have white, athletic sneakers; it is recommended that you order cheerleading sneakers (these can be ordered through AVCC with the costume/uniform order in the fall, they range in price from \$40.00-\$100.00 depending on style chosen). Due Nov. 1/13 if ordering through AVCC.

→ You can register for AVCC's Pre-Competitive teams by contacting the director at (902) 691-3331, or by email at av_cc@hotmail.com We will also be at Youth Registration at Berwick Town Hall Gym Sept. 6th from 6pm-9pm, and September from 7th 9am-12pm.

Practices start the week of September 9, 2013.