

Team practice times and options may change dependent on registration numbers. Registration opens June 1, 2019.



All Competitive and Elite athletes need to attend the *SKILLS CLINIC* the weekend of October 4-6 and *CHOREOGRAPHY* the weekend of October 25-27 – see information package released in September for times.



Programs run from SEPTEMBER 3, 2019 to MAY 15, 2020

All Prep, Competitive and Elite Team practices are mandatory. Unexcused absences may lead to the athlete being removed from the team. See information package for more details on attendance.

2019/2020 Prep Teams Practice Schedule

(Half year – Runs Nov 18 - May 15)

| | Monday | Tuesday | Wednesday | Thursday |
|--|---|---------------|--|---------------|
| Youth Snow Angels Ages 7 – 11 \$796.58 / \$159.32 in 5 payments | North Winds and Snow Angels have a mandatory CHOREOGRAPHY CLINIC on December 14 | | | 5:00 – 6:30pm |
| Senior North Winds Ages 11 – 17 \$871.82 / \$174.36 in 5 payments | | 6:30 – 8:15pm | See info package for specific information for prep teams | |

2019/2020 Competitive Teams Practice Schedule

| | Sunday | Monday | Wednesday |
|--|---------------|---------------|---------------|
| Tiny Icicles Ages 5 – 6 \$878.98 / \$97.66 monthly | | | 4:15 – 5:30pm |
| Mini Flurry Ages 7 – 8 \$1773.47 / \$197.05 monthly | | 4:30 – 6:00pm | 5:00- 6:30pm |
| Junior Snowstorm Ages 9 – 14 \$1918.78 / \$213.20 monthly | | 5:30 -7:00pm | 6:15 – 8:15pm |
| Open White Out Ages 14+ \$1650.82 / \$183.42 monthly | 8:00 – 9:45pm | | |

Register online at
www.freezeathletics.com

2019/2020 Elite Teams Practice Schedule (assessment required)

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---------------|---------------|---------------|---------------|---------------|---------------|
| Junior Blizzard Level 2 Ages 10-16 (age on Dec 31/20) \$2585.13 / \$287.24 monthly | | 6:45 – 8:45pm | | | 6:15 – 8:30pm | |
| Frozen Reign Level 2 - Summit Ages 14-18 (age on Dec 31/20) Crossover team only | | | | | | 7:00 – 8:00am |
| Junior Shiver Level 3 Ages 10-16 (age on Dec 31/20) \$2357.52 / \$261.95 monthly | 2:30-4:45pm | | 7:30 – 9:30pm | | | |
| Senior Arctic Chill Level 4 Ages 12 – 18 \$2378.94 / \$264.33 monthly | 6:30 – 8:45pm | | | 7:30 – 9:30pm | | |

Prices include GST

Age determined by athlete's age on Aug. 31, 2019

To learn about the requirements of each program and for a detailed description of each, please visit our website.

#14-970 Laval Crescent
Kamloops BC, V2C 5P5

Be a Part of our Passion

www.freezeathletics.com
freezeathletics@gmail.com
250.851.4466



Competitive Payment Information and Competitive Team Policies



Payment Options:

- Annual registration fee of \$190 per athlete is required. Cost includes annual Cheer Canada membership, BCCA membership, Kamloops Cheerleading Society membership, bow, practice gear and music.
- 9 month cheerleading and tumbling programs can be paid upfront or split into 9 monthly payments due on the first of each month
- Freeze Athletics Ltd. is able to accept cash, cheque, e-transfer or credit card
 - Monthly payments can be made by cheque (require 9 post-dated cheques to Freeze Athletics), credit card, or e-check set for each month. Admin fees of \$20 will apply to NSF cheques and e-check.
 - Credit card numbers must be on file if choosing to pay by cash or e-transfer.
- *If an account is in arrears past 5 days, one reminder will be sent by email. If payment is not received within 2 days of email being sent, we will phone you to notify you of the overdue amount. **If payment is not received within 2 days of phone call (whether you answer the phone or not) the athlete will not be able to participate in any practices (team or tumbling), extra events (demos, sleepovers, summer training etc.) and you may not purchase any extras (clothing, bows, etc.) until payment is made.***
- Funding options are available from KidSport, JumpStart, Athletics 4 Kids, etc.
- Fundraising monies can be used for registration fees, program fees, uniform and apparel costs.
- *Payment options are different for the Snow Angels and North Winds program. Please refer to the Prep Team Policies and Facts sheet for the requirements of this program.*

Refund Policy:

- *One month notice must be given for all withdrawals from **competitive cheerleading and tumbling programs (no withdrawal from competitive cheerleading programs after November 15, 2019)*** Written notice of withdraw must be received – can be emailed to freezeathletics@gmail.com or handed in to front desk.
- When withdrawing, session fee will be pro-rated and the balance will be refunded the following way:
 - 100% if refunding to account, 90% if refunding to cheque.
- No refunds for competitive and developmental cheerleading programs after November 15, 2019 due to the commitment required in these programs. If your athlete leaves the program after this date, you will be billed and required to pay for the remainder of the season due to so many expenses being paid out early in the season.
- Refund due to medical reason must be accompanied by a doctor's note.
- Registration fee is **non-refundable**.

Closure Dates:

- Freeze Athletics is closed on the following dates. There are also no regular practices on stunt clinic or choreo weekends

| | | | | |
|-------------------|---------------------|----------------|-------------------|-----------------------|
| October 12-14 | October 31 | November 9-11 | December 7 (comp) | December 22-January 4 |
| January 11 (comp) | February 8-9 (comp) | February 15-17 | March 7-8 (comp) | March 14-21 |
| | April 3-5 (comp) | April 10-13 | April 18 (comp) | May 16-18 |



2019/2020 Tumbling and Add-On Class Schedule



| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--------------------------------|--------------------------------|---------------|---------------|---------------|---------------|
| Basic Tumble Ages 6 – 14 \$610.13 / \$67.79 monthly | 4:00 – 5:00pm | | | | | 3:30 – 4:30pm |
| Tumble Level 1 Ages 6 – 18 \$610.13 / \$67.79 monthly | | 3:30 – 4:30pm | | | | 5:30 – 6:30pm |
| Tumble Level 2 Ages 6+ | 1:30 – 2:30pm | | | | | 6:30 – 7:30pm |
| Tumble Level 3 Ages 7+ | 5:00 – 6:00pm | | | | | 4:30-5:30pm |
| Tumble Level 4 Ages 8+ | 5:00 – 6:00pm | | | | 4:15 – 5:15pm | |
| Tumble Level 5 Ages 8+ | 5:00 – 6:00pm | | | | 4:15 – 5:15pm | |
| Conditioning** Ages 7+ Inc. in comp fees or \$5/class | 1:00 – 1:30pm 6:00 – 6:30pm | 4:00 – 4:30pm 8:45 – 9:15pm | 4:15 – 4:45pm | 3:45 – 4:15pm | 5:45 – 6:15pm | 7:30 – 8:00pm |
| Drop-In \$5/member \$10/non-member | 11:30-1:00pm | | | | | 7:30-9:00pm |
| Flyer Strength & Flex Ages 7+ | | | 6:30-7:30pm | | | |
| Jump Class Ages 7+ | | | 7:30-8:15pm | | | |

PRICES INCLUDE GST

Age of athlete is determined by age on Aug. 31, 2019

Tumbling classes are in addition to recreational, prep and competitive programs. Progressions for required skills will be taught and athletes are not restricted to the skills in their cheer program. Coaches will make class recommendations based on current skill level. It is strongly recommended that all competitive cheerleading athletes participate in at least one tumbling class per week. Conditioning classes are included in your monthly fee and are encouraged for all athletes – no pre-registration required.

****Athletes on Blizzard, Shiver and Arctic Chill must attend at least one conditioning class per week****

The descriptions for each level of tumbling can be found at www.freezeathletics.com/tumbling.

You can register for all of our programs ONLINE!

Step 1: Make an account under parent name

Step 2: Add each athlete

Step 3: Register for your program of choice

Register Online Today at
www.freezeathletics.com



Freeze Athletics Ltd. - Competition Information



All athletes must attend all competitions that their team attends

Dates are tentative and subject to change

| Competition | Icicles | Flurry | Snow Storm | Snow Angels | North Winds | Blizzard | Frozen Reign | Shiver | Arctic Chill | White Out |
|---|---------|--------|------------|-------------|-------------|----------|--------------|--------|--------------|-----------|
| Freeze Program Showcase Kamloops BC <i>Saturday November 30</i> | √ | √ | √ | | | √ | √ | √ | √ | √ |
| Pink Championships Richmond BC <i>Saturday December 7</i> | | | | | | √ | | √ | √ | |
| PAC Championships Vancouver BC <i>Saturday January 11</i> | | | | | | √ | √ | √ | √ | |
| Cheerfest Championships Abbotsford BC <i>Sat Feb 8 and Sun Feb 9</i> | √ | √ | √ | | | √ | | √ | √ | √ |
| Jamz Nationals Las Vegas NV <i>Feb 14 - 18</i> | | | | | | √ | | √ | √ | |
| Feel the Power Vancouver BC <i>Saturday March 7</i> | | | | | | √ | √ | √ | √ | |
| Provincial Championships Vancouver BC <i>Sunday March 8</i> | √ | √ | √ | √ | √ | | | | | √ |
| Sea to Sky Championships Vancouver BC <i>Sat Apr 4 and Sun Apr 5</i> | | √ | √ | | | √ | √ | √ | √ | √ |
| Okanagan Cheer Champs Kelowna BC <i>Saturday April 18</i> | √ | √ | √ | √ | √ | √ | | √ | √ | √ |
| Summit (if we receive a bid) Florida OL <i>April 28 – May 2</i> | | | | | | | √ | | | |

Cost commitments for Competitive Athletes

| | Cost | Due Date |
|--|------------------------------|-----------------------------|
| Prep Registration Fee – Snow Angels, North Winds | \$105 | At time of registration |
| Competitive Registration Fee – All competitive athletes | \$190 | At time of registration |
| Practice gear – All competitive athletes | Included in registration fee | n/a |
| Cheer Shoes – All competitive athletes | \$80 - \$150 | At time of ordering |
| Competition Uniform – Icicles, Flurry, Snowstorm | \$175 | October 14, 2019 |
| Competition Uniform – Snow Angels, North Winds | Included in monthly fee | n/a |
| Competition Uniform – Blizzard, Shiver, Arctic Chill, White Out | \$350 | October 14, 2019 |
| Cheer Make-up – All teams (excluding prep) | \$40 | October 14, 2019 |
| Competition Fees – All competitive athletes | Included in monthly fee | n/a |
| Cheer and Tumble Monthly Fees | Please see schedule | Due the first of each month |