



Freeze Athletics

2019 – 2020

Competitive Team Information Package

“Be a Part of our Passion”

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#14-970 Laval Cres, Kamloops BC



Freeze Athletics

2019 – 2020 Year Calendar

Date	Event
Friday October 4 to Sunday October 6	Mandatory Stunt Clinic (times in info package)
Sunday October 13 and Monday October 14	Freeze CLOSED – Thanksgiving holiday
Sunday October 14	Uniform Payment DUE
Sunday October 14	Make-up Payment DUE
Friday October 25 to Sunday October 27	Mandatory Choreography sessions (times released in Sept)
Thursday October 31	Freeze CLOSED – Halloween
Sunday November 10 & Monday November 11	Freeze CLOSED – Remembrance Day holiday
Friday November 15	Las Vegas travel deposit DUE (\$100)
November 24 to December 6	BLACK OUT period for teams attending Pink Championships
Saturday November 30	Freeze Showcase – all teams (Kamloops)
Saturday December 7	Pink Championships – Richmond
Friday December 20	Last day of classes before Winter break
December 21 to January 4	Freeze CLOSED – winter holidays (Frozen Reign practices on Jan 3)
Sunday January 5	First day of classes after Winter break
January 5 to January 10	BLACK OUT period for all teams attending PAC Championships
Saturday January 11	PAC Championships – Vancouver
January 26 to February 7	BLACK OUT period for all teams attending Cheerfest
Saturday February 1	Las Vegas payment DUE
Saturday February 8 to Sunday February 9	Cheerfest - Abbotsford
February 10-12	BLACK OUT period for all teams attending Jamz Nationals
Sunday February 17 & Monday February 18	Freeze CLOSED – Family Day holiday – Jamz nationals – Las Vegas
February 23 to March 6	BLACK OUT period for all teams (Feel the Power and Provincials)
Saturday March 7	Feel the Power – Vancouver
Sunday March 8	Provincials - Vancouver
Friday March 13	Last day of classes before Spring break
March 14 to March 21	Freeze CLOSED – Spring break (day camps running)
Sunday March 22	First day of classes after Spring break
March 22 to April 3	BLACK OUT period for teams attending Sea to Sky
Saturday April 4 to Sunday April 5	Sea to Sky Champs – Vancouver
April 6 to April 17	BLACK OUT period for all teams (Okanagan Cheer Champs)
Friday April 10 to Monday April 13	Freeze CLOSED – Easter weekend
Saturday April 18	Okanagan Cheer Champs – Kelowna
April 20-25	BLACK OUT period for Frozen Reign (Summit Championship)
Friday May 15	Last day of classes for regular season

Refer to page 5 of this info package to find out which competitions your athlete will attend

This is a list of all events within the competitive program, please note that they may not all pertain to your team

*There are no Sunday team practices after Saturday competitions, but there are tumbling classes and drop-ins *

This list does not include demos, bonding activities, extra practices or other special events that may be added

Welcome!

We are so thrilled to welcome you to Freeze Athletics – home of Kamloops' only All-Star Cheerleading Programs! As we enter our sixth season, we could not be more proud to be a part of the lives of athletes who work hard and continue to push themselves to be amazing people. We are passionate about not only cheerleading, but also about helping athletes learn responsibility and leadership through sport!

All-Star Cheerleading has exploded in growth in Canada and is one of the newest sports being considered for the Olympics. Freeze Athletics is at the forefront of cheerleading in the interior of BC, with some great accomplishments and more to come. We have a 3200 square foot training facility with top notch equipment and training tools and some of the best coaches in the interior. We still believe in our mission to create a safe and welcome place for everyone. Our focus has always been developing youth's character through the amazing sport of cheerleading.

With Freeze Athletics, athletes can look forward to not only fun and friendship, but life lessons that they can take far beyond their years of cheerleading. Our programs help foster confidence, a sense of belonging, leadership and commitment. Our vision is for every child to be empowered with the knowledge of the potential of All-Star Cheerleading and Freeze Athletics. We want to be synonymous with quality, elite, accessible, high performing teams and individuals and to be known for encouraging the greatness within everyone.

At Interior Freeze Athletics, we believe there is a place for anyone who wants to be active and feel that cheerleading is a great way to stay fit and healthy. Regardless of previous experience, we want every athlete to feel encouraged and challenged in any of our programs. We ensure that we teach all necessary progressions required to learn a skill and offer other opportunities outside of practice to increase skills.

We have designed this package to ensure you have all the essential information and dates for your child's 2018-2019 competitive cheerleading season. **This package contains a lot of important information that you will not find anywhere else and it is important for all families to read through it very thoroughly to ensure they are prepared for the upcoming season.** Save this package to refer to throughout the season. If at any time you have any questions about what is included in the package or the program, please direct them to Aly or Keri (in person or to freezeathletics@gmail.com).



Important Information & Dates

Skills Clinic – October 4-6 **Mandatory Attendance**

This season, all competitive athletes (except for Tiny Icicles) will participate in one full-team stunting clinic. We will be hosting a stunting clinic weekend on **October 4 to October 6 that all competitive athletes MUST attend**. We have some amazing coaches from Spring: Cheer, Dance & Tumbling Inc. coming to share their knowledge and expertise with us for the weekend. Having guest coaches is a great opportunity to learn from someone else who may have different ideas or suggestions than our own coaches. The cost for the stunt clinic is included in your fees.

Please note, there are no regular scheduled classes on Sunday October 6

Skills Clinic Schedule **Mandatory Attendance** Please note that the times on this schedule may change.

Team	Friday October 4	Saturday October 5	Sunday October 6
Flurry		9:00am – 12:00pm	9:00am – 12:00pm
Snowstorm		3:30pm – 6:30pm	12:30pm – 3:30pm
Blizzard		9:00am – 12:00pm	9:00am – 12:00pm
Frozen Reign		3:30pm – 6:30pm	12:30pm – 3:30pm
Shiver		12:30 – 3:30pm	4:00pm – 7:00pm
Arctic Chill	6:30 – 9:30pm	7:00pm – 10:00pm	
White Out	6:30 – 9:30pm	7:00pm – 10:00pm	

Choreography Clinic – Oct 25-27 **Mandatory Attendance**

This year, all competitive teams will be learning the choreography for their routine at Choreography Camp the weekend of Oct 25-27 (Oct 25 is a Pro-D day so we will be utilizing that day as well for some teams). Each athlete must be available for this weekend, please ensure that you do not have anything else scheduled for the weekend as to be able to attend your full choreography time. Times for each team will be sent out by September 30 – however, everyone should plan for 1 or 2 sessions of choreography on this weekend.

Tumbling Classes

These practices will focus solely on the tumbling skills required for cheerleading routines and the progression for these skills. Although we will work on some tumbling during regular practice time, we do not work on progressing tumbling skills during team practices, we work on timing and synchronicity of current tumbling skills. We strongly encourage everyone to register for a tumbling class so they can see their tumbling skills progress over the season – athletes must go through a repetition of tumbling skills and drills to progress and this cannot be done during regular cheer team practice times. With the implementation of unlimited tumble this year – you can come to both or either tumbling class time offered (for your level only) during the week. We hope this encourages more time in the gym and more flexibility with your schedule.

Private Lessons

Private lessons are a great way to get one-on-one coaching time for a specific skill. Private lessons can be purchased by stunt groups to work on specific stunting skills or by individuals to work on tumbling or jumping skills. *NEW THIS YEAR* Private lessons can be booked through Amilia online; choose private lessons and your coach and then pick a time that works for you! There is still a 5 pack option which you can purchase through ‘multipass’ in Amilia.

Cancellation of a private lesson with more than 24 hours notice will see a refund credited to your account for the full amount. Cancellation with less than 24 hours notice or no-shows will be charged the full amount for the private lesson (unless you are able to find someone to fill your time slot). Please email freezeathletics@gmail.com to cancel.

Important Information & Dates

Competition Information and Schedule

- All scheduled competitions for your team are **mandatory**.
- Travel to and from and accommodations while at competitions are up to each family. Please note that some competitions (including Sea to Sky) ARE “Stay to Play” which means that all athletes must stay in hotels specified by the competition. Please don’t book your hotel until we know the details of the event.
- All athletes are expected to stay in uniform and be present at a competition until after the awards for the athletes’ team have ended. We love when our athletes cheer on other Freeze teams and show support for one another.
- Freeze Athletics’ athletes and parents are expected to show support and respect for other cheer programs particularly while in the public eye; this includes competitions, events and internet activity (I.e. Instagram, Snapchat, etc.).
- Below is a preliminary schedule, please note that all dates/locations are subject to change at the discretion of the event. As we receive more information from the competition coordinators, we will let you know.
- *Please note that all competition registration fees are included in your monthly fees.*

Competition	Dates	Teams Attending
Freeze Showcase Kamloops, BC	Saturday November 30, 2019	Icicles, Flurry, Snowstorm, Blizzard, Shiver, Arctic Chill, Whiteout, Frozen Reign
Pink Championships Chilliwack, BC	Saturday December 7, 2019	Blizzard, Shiver, Arctic Chill
PAC Championships Richmond, BC	Saturday January 11, 2020	Blizzard, Shiver, Arctic Chill, Frozen Reign
Cheerfest Championships Abbotsford, BC	Saturday & Sunday February 8 - 9, 2020	Icicles, Flurry, Snowstorm, Blizzard, Shiver, Arctic Chill, Whiteout
Jamz Nationals Las Vegas, NV	Sunday & Monday 16 - 17, 2020	Blizzard, Shiver, Arctic Chill (Team Travel Trip – see travel agreement)
Feel the Power Vancouver, BC	Saturday March 7, 2020	Blizzard, Shiver, Arctic Chill, Frozen Reign
Provincial Championships Vancouver, BC	Sunday March 8, 2020	Icicles, Flurry, Snowstorm, Snow Angels, North Winds, White Out
Sea to Sky Championships Vancouver, BC	Saturday & Sunday April 4 – 5, 2020	Flurry, Snowstorm, Blizzard, Shiver, Arctic Chill, Frozen Reign, White Out
Okanagan Cheer Champs Kelowna, BC	Saturday April 18, 2020	Icicles, Flurry, Snowstorm, Snow Angels, North Winds, Blizzard, Shiver, Arctic Chill, Whiteout
Summit Championship Orlando, FL	April 28- May 2, 2020	Frozen Reign

Practice Gear, Uniforms and Other Apparel

Each athlete participating on a Freeze team will be required to purchase the following if you do not already own:

- Cheer make-up - \$40 (Snow Angels and North Winds are not required to purchase makeup)
- Cheer shoes - \$85 - \$150 ** They must be white shoes with white soles. The lighter and slimmer design the better!
- **Icicles, Flurry and Snowstorm** – Competition uniform - \$175
- **Blizzard, Shiver, Arctic Chill, Frozen Reign, Whiteout** – Competition uniform - \$350

*We will have used gear available at the front desk from September 10– September 20 **during office hours**. If you have something you would like to sell, please email freezeathletics@gmail.com for more information.*

Keys to Success

As a member of Interior Freeze Athletics, you are part of a team and have made a commitment to your team members and coaches. As such, it is important that we all follow the same expectations. Please read these over carefully and ask Aly or Keri if you have any questions! These expectations have come from years of experience and are necessary to follow to set each team up for success.

Attendance

ALL TEAM PRACTICES ARE MANDATORY and athletes are expected to be on time and prepared for practice to start at the starting time. Unless determined by your Doctor to be contagious, you still need to attend team practice and participate to the best of your ability. This is because athletes need to work at performing when they are not at their best so they know what to expect at competition if they are not 100%. If an athlete becomes sick unexpectedly, and must miss a practice, an email must be sent to Freeze immediately. **Routines cannot be worked on properly without the full team. We cannot do our job as coaches if we are unable to work with the entire team at every practice.** Consequences of missing practices can range from being reminded of the policy to the athlete's position during parts of the routine being changed to the athlete being removed from the team.

We ask that people respect the attendance rule at all times, including taking family vacations. *We have a break at Christmas from December 22 to January 4 (no practices at this time) and a break from March 14 – March 21.* We are asking everyone to take their holidays during these two vacation times to ensure the best possible success for every team. If all team members got to take one family vacation during the season, we would never have a full team practice.

The two weeks prior to each competition is a BLACK-OUT ATTENDANCE PERIOD (the week right after Spring Break – March 22 – March 29 falls into this period for all teams attending Sea to Sky). This means that any athlete not in attendance during this time for any reason, may have their position in the routine changed without notice or may not be permitted to compete, even if it is their first practice missed. Missing the practices just prior to competition does not set the team up for success as the team is not able to properly prepare while missing team members. Payment made will not be refunded if your athlete is removed from any part of the routine.

If you feel that you and your athlete cannot commit to them being at every practice, then please talk to us at the front desk and we will find an alternate program for you.

Time Management

All athletes need to manage their school time effectively, as this is their first priority. Cheer is an extra-curricular activity and we believe that all athletes are capable of performing well in school, while still keeping their commitment to their cheer team. However, homework is not a reason to miss practice and athletes who are capable of participating will not be permitted to do homework during practice – athletes should plan accordingly and know their schedule ahead of time.

Illness & Injuries

If you are injured (due to cheerleading or otherwise) and this injury will affect your participation in cheerleading, you are still expected to attend your team practices (sitting out on the side and/or doing what you can) to keep up with what is being taught. In addition, if an injury keeps you from participating in practice, Freeze Athletics requires a Doctor's note or a note from your parent clearing you to return BEFORE you may participate again. **All injuries must be reported to your coach immediately, no matter how insignificant the injury seems and whether or not it is cheer-related.**

Keys to Success

Alcohol and Illegal Substances

All team members will be drug free except for medication prescribed by a physician. There will be zero tolerance for the use of alcohol, cannabis or illegal drug substances by any member of Freeze Athletics during practices or competitions. Anyone found possessing any alcohol, tobacco, cannabis or illegal substances while at Freeze Athletics or representing Freeze Athletics at events or competitions will have these items confiscated and will be subjected to further discipline.

Withholding Cheer as a Punishment

Freeze Athletics families must agree that they will not withhold participation in cheer as a punishment tool. This is because every member of a team depends on every other member's participation. We do respect that a parent has the right to discipline their own child, but they do not have the right to punish the other children and families who have worked hard and invested the same time and money to be part of this team. If there are any concerns with behaviour outside of cheer, please contact your child's coach to coordinate a solution that will not affect the whole team.

Social Media

Social media is a fantastic outlet for everyone, however, we will not tolerate any rude or inappropriate comments towards coaches, teammates, parents or other cheer teams on social media. Our athletes and their parents are a part of the Freeze family and are therefore an extension of our program. Please have a discussion with your child about their social media presence and the fact that anything they post online is a reflection of themselves but can also be a reflection of everyone on their team, regardless of if it has to do with cheerleading or not. It is important for athletes and parents to remember this when posting and know that inappropriate posts of any kind could result in the athlete's dismissal from the team without notice.

Positive Attitude and Improvement

It is expected that team members come to practice lively, clear-headed and healthy in order to participate in and make the most of practice activities. **Sloppiness, laziness, complaining or repeated excuses will not be tolerated by athletes on competitive teams.** Cheerleading is a dynamic, energetic, evolving and demanding sport. It is expected that team members will constantly try to improve on skills and challenge themselves with their coaches' support. Athletes need to ensure that they are eating properly throughout the day and are getting a good night's sleep. Without this, injuries could result to themselves or their teammates.

At practices, events and competitions, you are expected to represent Freeze Athletics in a professional and respectful manner by displaying good sportsmanship, supporting other teams and programs, and being a positive role model for others. Any disrespect toward others will not be tolerated.

Proper Attire

All athletes are expected to wear the provided practice shorts, practice shirt and bra, and cheer shoes to practices. *Flurry, Snowstorm, Blizzard, Shiver, Arctic Chill and White Out athletes must wear their practice gear on Sundays/Mondays. During their second weekly practice they can choose to wear other appropriate shorts and tank. Icicles, Frozen Reign, Snow Angels, and North Winds athletes must wear their practice shorts and top to every practice unless notified otherwise.* Practice gear does not need to be worn for tumbling classes.

The reason is simple; we want the team to look like a team during practices. For safety, hair must be pulled off the face, cheer shoes worn (until the cheer shoes have been received, please wear clean running shoes).

Jewellery & Finger Nails

Jewellery may not be worn during practices or competitions (excluding medical alert bracelets). This includes necklaces, rings and earrings. Stud or small hoop earrings may be worn at practice at your own risk,

however NO jewellery or earrings are permitted to be worn during competition. Piercings may not be taped over during competition. A safety deduction will be issued from the judges if they notice any piercings are taped. For this reason, we strongly suggest that your athlete does not get any piercings during competition season (this includes Christmas as they would not be able to take it out yet during January/February competitions).

Finger nails are not permitted to be more than 1mm past the end of the finger for safety reasons. Athletes are permitted to have gel or acrylic nails, but must maintain a “sport” length. We reserve the right to ask your athlete to cut their fingernails during practice if they are too long for safe stunting.

Gym Etiquette & Safety

- No use of equipment is permitted without the supervision and permission of a coach.
- No stunting or tumbling is permitted without the supervision of a coach.
- All athletes will wait in change room or upstairs in mezzanine area until called on the floor by a coach.
- No parent or sibling is allowed on the gym floor or training area unless invited; a viewing area is provided.
- No food or beverages (except water) may be taken into the gym area.
- Please be mindful of the language and conversations that are held during cheer practice. There are athletes as young as 2 years old in the gym.
- Cell phones must be kept on ‘silent’ mode and in bags or the phone bin during training. There is to be no texting or phone calls during cheer practices. Parents are encouraged to phone the gym (250-851-4466) if they need to contact their child in an emergency situation.
- Personal items must be kept neatly in the change room (lockers are available for rent).

PLEASE NOTE: Freeze Athletics is not responsible for lost/stolen valuables at the gym. To avoid disappointment, leave valuables at home (lost and found can be found under the stairs).

Disrespect of the above etiquette or coaches, other athletes, equipment and the facility will result in the athlete being asked to sit out of practice or leave until they are able to act in a respectful way.

Competition Uniforms and Hair Cuffs

Competition uniforms are only to be worn at competitions or when requested by a coach (may be requested for demos or practices right before competition). **Uniforms should be washed inside out in cold water and hung to dry.** If your athlete gets make-up on their uniform, spray it with hairspray and then dab at the stain with a clean cloth. Repeat a few times depending on the severity of the stain and then wash in cold water.

All athletes will be provided with one hair cuff. This cuff is their competition hair piece and must be worn for all competitions. Athletes are welcome to wear this to practice. *If an athlete forgets to bring their cuff to competition, we will provide them with another one and your account will automatically be charged for the cost of the cuff (\$15). Please note that there will be limited quantities of “extra” cuffs, so please look after the competition cuff as you do the uniform.*



Communication

We will do our best to ensure proper communication **through email**. We encourage you to stay actively involved in the communication process by checking your email often, especially around competition season. We will also be utilizing **Team Facebook pages** for each team. Both parents and athletes will be invited to these pages. An email with the link will be sent out by the second week of practices. This page will be a source of information, any negative comments will be deleted immediately and may result in your athlete being removed from their team.

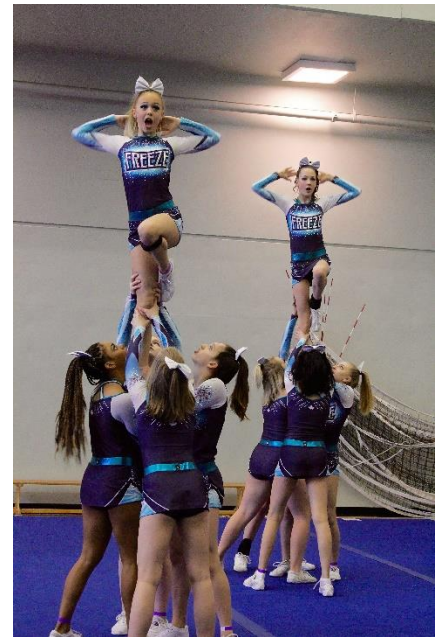
We will have a parent meeting at the start of the year and may have one more throughout the season as needed. We request that you attend all parent meetings. We will give out as much notice as possible for meetings.

There is a calendar posted at the entrance of the gym which includes event dates and gym closure dates. Please also get in the habit of having your athlete check the board above the front desk for information.

Payments & Policies

Payment Information, Funding and Fundraising

- Program fees include training from September to May. The fee does not include summer training.
- Family discount: Families with more than one child training at Freeze Athletics will receive a 10% discount off the second child's monthly program fees.
- 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.**
- **Refund Policy:**
 - *One month notice must be given for all withdrawals from **competitive cheerleading and tumbling programs**.* Written notice of withdraw must be received – can be emailed to freezeathletics@gmail.com or handed in to front desk.
 - No refunds for competitive and developmental cheerleading programs after November 15, 2019 due to the commitment required in these programs – those on monthly payment plans will continue to make their monthly payments
 - 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.
 - Refund due to medical reason must be accompanied by a doctor's note.
 - **Registration fee is non-refundable.**
- **Fundraising:**
 - Monies raised through fundraising can be used towards program fees, uniform costs, make-up, shoes, clinics, competition fees.
 - Please note that fundraising money CANNOT be used retroactively (you will not be able to use fundraising for something you have already paid for).
 - Fundraising information from the Kamloops Cheerleading Society will be handed out separately. Fundraising activities require parent volunteers to help coordinate. See fundraising and policy information on the bulletin board upstairs at the gym.
- **Funding:**
 - Funding for sports programs is available through many organizations.
 - KidSport provides up to \$550 per calendar year
 - JumpStart provides up to \$300 per session
 - Athletics 4 Kids provides up to \$60/month for programs
 - Please speak to Aly for more information regarding funding or to receive the necessary funding documents.
 - For families who are pursuing outside funding to help offset costs, please note that a minimum payment must be made on the first of each month in case funding is not approved and the registration fee must be paid upfront.



Payments & Policies

Policies

All membership and fees collected are immediately paid out in rent, utilities, equipment, insurance, gym needs and requirements, and coaches' wages. All additional fees are immediately paid out to the competition companies, uniform suppliers, choreographers, music editors, etc. Therefore, there are ZERO refunds on all payments TO DATE including, but not limited to, program fees, competition fees, uniform payments, camp/clinic payments, etc.

1. Registration Fee is non-refundable.
2. Cheques can be made payable to Freeze Athletics.
3. E-transfers should be sent to freezeathletics@gmail.com with the password 'cheer'.
4. There will be a \$20 fee for returned cheques and echeques, due immediately. Please note that entering the wrong number when choosing echeque on Amilia (the registration website) will result in a NSF charge.
5. Classes will run pending registration. If cancellation is required, you will be notified by Freeze Athletics and program fees for that specific class will be fully refunded.
6. Athletes in any program are expected to be emotionally and socially capable of conducting themselves appropriately with their peers/coaches and to actively participate in all the program activities. Athletes who do not demonstrate these abilities may be asked to withdraw from the program.
7. Parents of athletes in any program are expected to be emotionally and socially capable of conducting themselves appropriately when watching practices, attending competitions or representing Freeze Athletics in any way. Parents who do not demonstrate these abilities may not be welcome in Freeze Athletics, at competitions or their athlete may be removed from their program.
8. Athletes are welcome to participate in their cheer practices only when their accounts are up-to-date and all required payments have been arranged; this will be strictly enforced.
9. We reserve the right to cancel or decline a registration at any time.
10. If a member withdraws before September 16, 2019, 90% of the 9-month total will be refunded.
11. 1 month written notice must be given for withdrawals from the program between September 16 and November 15, 2019.
12. There will be no withdrawal from competitive programs after November 15, 2019. 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.
13. Classes missed due to injury, illness, vacation or time off will not be pro-rated.
14. All sales are final on Freeze Athletics uniforms, clothing, shoes and accessories.
15. There are no refunds on monies paid out by Freeze Athletics on behalf of athletes for competitions or travel.
16. Use of the Freeze Athletics logo without written permission is strictly prohibited.

Although we have tried, we cannot pre-determine every possible circumstance that may arise; therefore, requests for refunds in exceptional circumstances will be assessed on a case-by-case basis. In these circumstances, requests must be made in writing to freezeathletics@gmail.com.



Early Termination

The Freeze Athletics program is a 9-month commitment. Athletes quitting mid-season causes multiple problems for their team and the program in general. When someone quits, instead of their team spending their limited practice time on improving, that time is spent re-choreographing and re-learning the routines to fill in the missing spots. It is a severe setback on the entire team that has worked so hard. It is unfair that the whole team must suffer because someone cannot fulfill their commitment. Please ensure that cheerleading is something you will be able to do until the end of competition season before committing to the program.

Roles at Freeze

We are so lucky at Freeze Athletics to be supported by so many amazing people. These people include the Kamloops Cheerleading Society and the Team Parents. Please read below for the roles of each and who you should be contacting in certain situations

Owners

Aly Bradford and Keri Lewis are the owners of Freeze Athletics. They make all operational decisions regarding the gym, including but not limited to; schedules, coaches, competitions, placements, consequences and more. Please send any and all questions regarding the operations of the gym to Aly and Keri at freezeathletics@gmail.com

Kamloops Cheerleading Society

KCS is a not-for-profit organization that with the help of parent volunteers has coordinated photos, yearbooks, fundraisers and fun activities in the past. KCS is also responsible for applying for community grants and owns some of the equipment in the gym that they have acquired through fundraising and grants. In order to keep doing these things, we will need help from parents. Please let the society know if you are interested in helping. They can be contacted at kamloopscheerleading@gmail.com.

Team Parents

Each competitive team is represented by one or two team parents. Team parents lead by example and we expect team parents to support the values and expectations that we have for both parents and athletes and to always demonstrate appropriate behaviour. These parents have at least one season of competitive cheerleading experience and will work closely with the owners, coaches and KCS to always have the most up to date information for you. Some of the things Team Parents are responsible for are:

- Responsible for organizing one bonding activity between September 21 and November 15
- Clear availability at the gym or other location so that other parents know when to talk to them
- Responsibility to take some photos at team events and to build their team's section of the yearbook (this can be delegated)
- Responsible for collecting various team forms from their athletes/parents
- Ensure an accurate contact list is made available to the team
- Help at competitions as needed
- Help coordinate fundraising activities with KCS
- Pass along information to team from KCS/Freeze

****Any of these duties can be delegated to other parents****

Team Parents should be your first point of contact for information about how competitions work, specifics for competitions, and bonding events or ideas. Team Parent list including contact information will go out in early September.