



Freeze Athletics

2019 – 2020

Prep Team Information Package

“Be a Part of our Passion”

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Welcome!

We are so thrilled to welcome you to Freeze Athletics – home of Kamloops' only All-Star Cheerleading Programs! As we enter our fifth 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 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 you 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.** If at any time you have any questions about what is included in the package, please direct them to Aly or Keri (in person or to freezeathletics@gmail.com).



Important Information & Dates

Choreography Clinic – December 14 **Mandatory Attendance**

This year, all prep teams will be learning the choreography for their routine at Choreography Camp on Saturday December 14th, 2019. Athletes must be available for this day. Please see the times below for your team.

Snow Angels: 9:00am to 1:00pm

North Winds: 1:00pm – 5:00pm

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 this cannot be done during regular cheer team practice times.

Private Lessons

Private lessons are a great way to get one-on-one coaching time for a specific skill. There can be a lot of progression seen for specific skills within a few private lessons. Private lessons can be purchased by stunt groups to work on specific stunting skills or by individuals to work on tumbling or jumping skills. Private lessons can be booked with your coach of choice based on their availability. Book lessons through amilia on our website or by email at freezeathletics@gmail.com. Private lessons must be paid at time of booking.

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).

Practice Gear, Uniforms and Other Apparel

Each athlete participating on a Freeze prep team will be required to purchase the following:

- Practice shorts and tank – *included in registration fee*
- Competition cuff – *included in registration fee*
- Cheer shoes - \$85 - \$150 (if you do not currently have a pair of cheer shoes) **Payless Shoes also sells shoes that work as cheer shoes. They must be white shoes with white soles. The lighter and slimmer design the better!
- Competition Uniform – rental of white uniform is included in the cost. These uniforms will be given to the athlete at the competition and must be returned before they leave the competition.

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 (Teams traveling to Alberta have different expectations for this trip, please see travel agreement).
- All athletes are expected to stay in uniform and be present at a competition until after the awards for your 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 especially 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
Provincial Championships Vancouver, BC	Sunday March 8, 2020	Icicles, Flurry, Snowstorm, Snow Angels, North Winds, White Out
Okanagan Cheer Champs Kelowna, BC	Saturday April 18, 2020	Icicles, Flurry, Snowstorm, Snow Angels, North Winds, Blizzard, Shiver, Arctic Chill, Whiteout



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 or illegal drug substances by any member of Interior Freeze Athletics during practices or competitions. Anyone found possessing any alcohol, tobacco 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 15 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 a cheer shoes to practices. *Flurry, Snowstorm, Blizzard, Shiver, Frost Bite and Arctic Chill 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, Snow Angels, North Winds and White Out 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 reasoning behind this 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) and absolutely no jewellery or finger nails past the tips of your fingers as these can harm others.

Keys to Success

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 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. Athletes who do not comply with this rule will have their cell phones taken away during their training time.
- Personal items must be kept neatly in either a cubby or 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 Bows

Uniforms will be provided to prep athletes at competition. These uniforms must be returned to coaches at the end of competition so we can wash them and prepare them for the next competition.

All athletes will be provided with one hair cuff. This cuff is their competition bow and must be worn for all competitions. Athletes are welcome to wear this cuff 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 understand that not everyone checks their emails daily, or you can get overrun with emails, but we do not have the man power or time to contact each person individually to ensure they have read their emails, so we appreciate you being able to read through them quickly. This 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 or two 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 November 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 December 10, 2019 due to the commitment required in these programs.
 - 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 or travel costs (when we travel by bus and stay in a hotel as a team).
 - 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. 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 \$500 per calendar year
 - JumpStart provides up to \$200 per session
 - Athletics 4 Kids provides up to \$50/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 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 December 10, 2019, 90% of the total remaining payments will be refunded.
11. 1 month written notice must be given for withdrawals from the program between November 16 and December 10, 2019.
12. There will be no withdrawal from prep programs after December 10, 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 and travel.

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 prep program is a 6-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 and is fulfilling their 9-month commitment to their team. 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 Moms. 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... 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 Moms/Dads

Each competitive team is represented by one or two team moms. 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 Moms are responsible for are:

- Responsible for organizing one bonding activity between December 1 and January 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 be in charge of their team's section of the yearbook
- 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 Moms should be your first point of contact for information about how competitions work, specifics for competitions, and bonding events or ideas. You can contact your Team Mom at the contact below: