

*Limitless
Athletics*

SEASON 1
INFORMATION
PACKAGE

WHAT IS CHEERLEADING



Competitive cheerleading continues to be a rapidly growing sport. It combines stunting, tumbling, dance and jumps to make for demanding and entertaining routines.

We pride ourselves in our commitment to developing character alongside skills. Our invested coaches, outstanding facilities, incredible team of athletes and parents make for a culture of excellence. Come see for yourself what makes our gym stand out!



Facility Features & Events

6643 63rd Close
Lloydminster

phone number
306-603-5387

Birthday Parties
Gym Rentals
Parent Date night out
Summer Camps
Sleepovers
Summer Nights Event
Trunk or Treat (Halloween Event)
Christmas Party

CORE VALUES

RESPECT

STRENGTH

TEAMWORK

COMMITMENT

INCLUSIVE

One full sized competition floor
Dedicated tumbling training area
Abundance of tumbling aids and mats
32 foot tumble track - coming soon
Large lobby and waiting area
Mirrors for working dance and motions - coming soon
Stunt blocks
Video review area
Boardroom
Blue tooth music systems
Fitness centre
Plenty of parking
Easily accessible off of major roadways
Extremely clean and impeccably maintained

STAFF

WE ARE COMMITTED TO UPHOLDING A POSITIVE AND SAFE TRAINING ENVIRONMENT FOR PARTICIPANTS TO DEVELOP AS ATHLETES AND AS LEADERS.

WE HAVE SEVERAL SENIOR LEVEL COACHES, SEVERAL JUNIOR LEVEL COACHES AND A COACH IN TRAINING (CIT) PROGRAM.

ALL SENIOR LEVEL COACHES ARE FULLY CERTIFIED WITH A MINIMUM OF THE FOLLOWING:

FIRST AID/CPR

NCCP SAFE SPORT

INTERNATIONAL CHEER UNION

SKILLS FOR STUNTS AND TUMBLING

NCCP – MAKING HEADWAY

NCCP – MAKING ETHICAL

DECISIONS

NCCP – PLANNING A PRACTICE

NCCP - TEACHING & LEARNING

NCCP - EMERGENCY ACTION

PLAN

CRIMINAL RECORD CHECK + VULNERABLE SECTOR CHECK

NOVICE CHEER

NOVICE IS A HALF YEAR TEAM PROGRAM AND IS DESIGNED FOR ENTRY LEVEL INTO THE SPORT. NO EXPERIENCE IS NECESSARY AND IS A GREAT PLACE TO START YOUR CHEER JOURNEY. TEAMS START IN SEPTEMBER AND RUN UNTIL DECEMBER. SECOND SESSION STARTS JANUARY AND RUNS TILL APRIL. NOVICE TEAMS PRACTICE ONCE A WEEK AND PERFORM AT ONE COMPETITION NEAR THE END OF THE SESSION. NOVICE PARTICIPANTS WEAR A CLUB TANK TOP AND SHORTS, NO OFFICIAL UNIFORM IS REQUIRED.



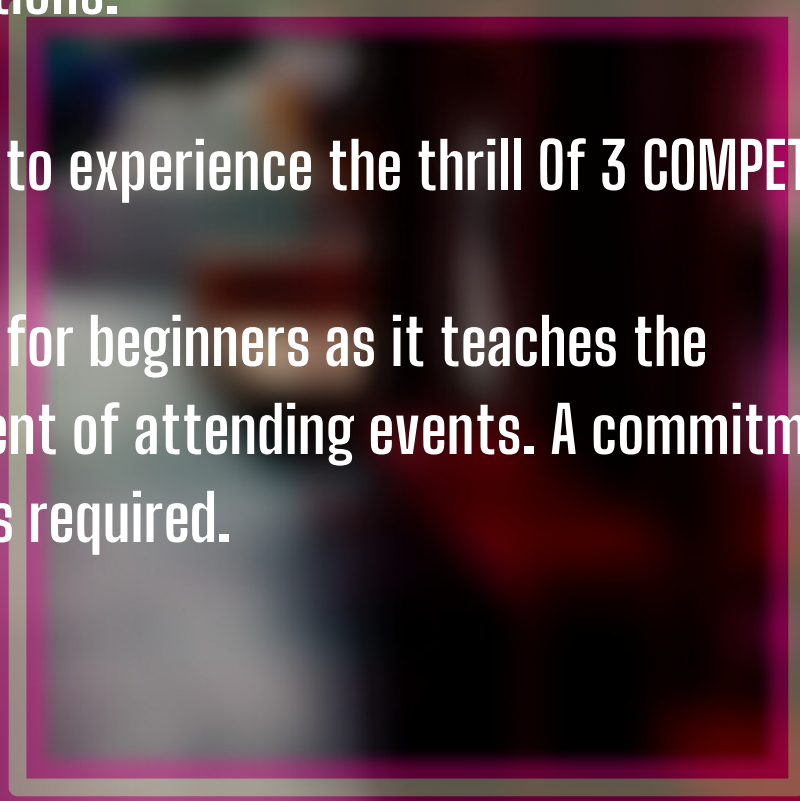
PREP CHEER

Prep Cheer is also for beginners, but the athletes take part in more competitions. Participants do not need cheer experience for Prep, but it is recommended for those who have been part of other organized activities or sports before as it is more structured.

U8 + U12 Prep participants practice 4 hours a week and get to experience the thrill of 4 competitions.

U6 PREP PRACTICES 2 HOURS PER WEEK AND Gets to experience the thrill Of 3 COMPETITIONS.

Prep is our most popular program for beginners as it teaches the entry level skills and allows for the excitement of attending events. A commitment to attendance is required.



ALL STAR CHEER

ALL STAR CHEER IS BROKEN IN TO 7 LEVELS. MOST ATHLETES HAVE BEEN IN PREP OR NOVICE BEFORE JOINING LEVEL 1 ELITE ALL STAR, BUT SOME ATHLETES COMING FROM A COMPETITIVE GYMNASTICS BACKGROUND MAY START A BIT HIGHER. IN THE SPRING/SUMMER, TEAMS PRACTICE 3 HOURS PER WEEK. IN SEPTEMBER PRACTICES BUMP TO 6 HOURS A WEEK. TEAMS COMPETE AT A FEW MORE EVENTS IN THE SEASON THAN THE PREP TEAMS AND A TRAVEL COMPONENT IS PART OF THE EXPERIENCE. THERE ARE SKILL REQUIREMENTS FOR THE DIFFERENT AGES AND LEVELS. THE BIGGEST DIFFERENCE IS THE LENGTH OF THE SEASON, NUMBER OF PRACTICES, AND TRAVEL COMMITMENT. A HIGH LEVEL OF COMMITMENT IS REQUIRED ON AN ELITE TEAMS. ATTENDANCE IS MANDATORY FOR ALL PRACTICES AND EVENTS.

Novice

**NO TRYOUTS REQUIRED FOR NOVICE
REGISTRATION OPENS JUNE 28TH**

U12 Novice

Birth Years

2011,2012,2013,2014

Practices Thursday 6:00-7:30pm

Sessions 1 - September 5th - December 19th

Session 2 - January 16th - April 23rd

\$200.00 Registration Fee

\$150.00 Monthly Tution

Prep Teams

**NO TRYOUTS REQUIRED FOR PREP
REGISTRATION OPENS JUNE 28TH**

**U6 Prep
Birth Years
2017,2018
Practices Tuesdays
5:00-7:00pm**

**U8 PREP
BIRTH YEARS
2015,2016
PRACTICES MONDAY & WEDNESDAYS
5:30-7:30PM**

**U12 Prep
Birth Years
2011,2012,2013,2014
Practices Tuesday & Thursday
6:30-8:30pm**

FINANICAL COMMITMENT

**\$200.00 REGISTRATION FEE DUE AT
REGISTRATION**

U6 \$175.00 Monthly Tution

U8 + U12 \$245.00 Monthly Tution

September 1st 2023 - April 1st 2024

All Star Cheer

ALL ALL STAR PRACTICES START THE WEEK OF JUNE 19TH
JUNE/JULY TRAINING IS "WEEKDAYS" ONLY!

WEEKEND PRACTICES COMMENCE AFTER THE SEPTEMBER
LONG WEEKEND

DRAFT - SCHEDULE IS TO BE CONFIRMED AFTER TRYOUTS

SUMMER SCHEDULE

Monday -U8 5:00-8:00

Tuesday-U12 5:00-8:00

Wednesday-U16 5:00-8:00

Thursday-U18 5:00-8:00

FINANCIAL COMMITMENT

\$200.00 REGISTRATION FEE DUE AT REGISTRATION

\$325.00 Monthly Tuition

July 1st 2023 - April 1st 2024

All Star Cheer

TENTATIVE FALL SCHEDULE

FINAL SCHEDULE WILL BE CONFIRMED JULY 25TH

U8 - Monday 5:00-8:00pm & Sundays 12:00-3:00pm

U12 -Tuesday 5:00-8:00pm & Sunday 2:00-5:00pm

U16 Thursdays 5:30-8:30pm & Sunday 3:00-6:00pm

U18 Wednesdays 6:00-9:00pm & Sundays 6:00-9:00pm

All Star Tryouts

Level 1-3

Tryouts June 6, 7, 8th

Athletes are required to register for tryouts by BIRTH YEAR.

Tryout Cost: \$55 if registered by May 31st 2023, \$80 if registered after May 31st. Registration opens May 5th 2023!

Team Reveal Emails will be sent out Friday June 9th 2023 along with registration details!

Birth Years 2015,2016

June 6th

5:00-8:00

Birth Years 2011,2012,2013,2014

June 7th

5:00-8:00

Birth Years 2005,2006,2007,2008,2009,2010,2011,2012

June 8th

5:00-8:00pm

COMPETITIONS

The following page is a list of competitions each team will be attending. Dates, locations, and competition selection MAY change. We always give families as much notice as possible if there are changes.

Please note that all competitions are MANDATORY. With even one person missing it jeopardize's the team's ability to successfully perform their routine or potentially even participate.

Travel booking instructions will be provided. Do NOT book until given specific instructions. Instructions will be sent out September 29th

This is a **tentative** competition schedule. The final decision of competitions will be made in September.

COMPETITION SCHEDULE

	BATB Lloydminster Dec 2nd	Cold Snap Edmonton Jan 20-21	Take Flight Cold Lake Jan 27-29	Cheerific Morinville, Ab Feb 18th	Warmen March 9-10	Rise UP Edmonton March 16-17	Sea To Sky Vancouver BC April 6-8
U8 Elite							
U12 Elite							
U16 Elite							
U18 Elite							
U6 Prep							
U8 Prep							
U12 Prep							
U12 Novice							

FEE STRUCTURE

Included in Fees

- Coaching Hours
- Choreography
- Competition Music
- All Competition Registration
- Open Gym
- Practice Tank Top
- Strength Training + Tumbling
- Membership fee to Cheer Canada /ACA

Not Included In Fees

- Uniform
- Shoes
- Competition Make up
- Strength Training Kit
- Travel Expenses
- Spectator admission to events

UNIFORM & SHOES

ALL STAR

- UNIFORMS ARE CURRENTLY IN THE DESIGN PHASE
- STARTING YEAR 1 OF A 3 YEAR UNIFORM CYCLE
- SIZING IN JUNE ALONG WITH PRACTICE WEAR
- REQUIRED TO COMPETE IN OUR CUSTOM SHOES THAT ARE CURRENTLY IN THE DESIGN PROCESS.
- APPROXIMATE COST \$400.00 HALF CHARGED TO ACCOUNTS ON AUGUST 15TH AND THE REMAINING SEPTEMBER 15TH

PREP

- UNIFORMS ARE CURRENTLY IN DESIGN PHASE
- STARTING YEAR 1 OF A 3 YEAR UNIFORM CYCLE
- SIZING IN SEPTEMBER ALONG WITH PRACTICE WEAR
- ALL WHITE RUNNERS FOR PRACTICE AND COMPETITION
- APPROXIMATE COST \$250.00. CHARGED TO ACCOUNTS OCTOBER 15TH.

NOVICE

- TANK TOP AND SHORTS THAT ARE INCLUDED IN TUTION.
- ALL WHITE RUNNERS FOR PRACTICE AND COMPETITION.

CHEER PARENT FUNDRAISING COMMITTEE

Welcome to Limitless Athletics 2023/2023 Season
Lloydminster Cheer Parent Fundraising Committee

Who we are: The committee is made up of a group of dedicated parents, who understand that sometimes there's a need to have some way of offsetting the out of pocket costs for participating in sports. We get it, sports can be expensive and we want to help alleviate some of that cost and stress associated with it. We know how important it is to have kids participate in sports. It's good for their body and mind.

So it's a win - win. Here is a list of our current directors:

President: Leah Stranzl

Vice President: Jen Gray

Treasurer: Destiny Krasnesky

Secretary: Rochelle Rohs

Cheer Cares: Toni Savoy & Lana Dreger

CHEER PARENT FUNDRAISING COMMITTEE

What we do: The committee organizes fundraisers for parents and athletes, to participate as they choose. There's no obligation; if you want to join in - you can. There is no pressure whatsoever.

We also organize fun events, like team bonding, Christmas parties, team challenges, etc. Some past fundraisers are:

- Car wash
- Raffles
- Little Caesar's pizza
- Growing Smiles flowers
- Almonds

How to participate: First - You must be a registered athlete at Limitless Athletics Inc.

Then it's up to you if you want to participate. You will find all fundraisers are posted on our Facebook page : [Lloydminster Cheer Parent Fundraising Committee](#).

Instructions for each fundraiser will be posted there, or on the bulletin board at Limitless Athletics under the News you use.

How fundraising works: All fundraisers are completely optional. All profits are managed by the committee, on behalf of your athlete. Any funds you earn will go directly to your athlete's tuition.

CHEER PARENT FUNDRAISING COMMITTEE

Cheer Cares Campaign: The cheer cares campaign is a way for us to give back to our community. It helps the athletes learn the importance of volunteering and supporting the community as they support us. It is an optional program - that will involve donations of items or time. ** A special bonus ** Every time your athlete participates, they are entered into a draw for a scholarship for the next cheer seasons tuition. Thats pretty sweet! Its a win-win!

How to contact us: Through Facebook, at the gym, or email
lloydminsterparentfundraising@gmail.com

If all else fails and you cant find us - reach out to Coach Bailey or Coach Kandal and they will be able to point you in our direction.

IMPORTANT DATES

CHOREOGRAPHY WEEK JULY 17-21

JULY - 15TH-16TH SPECIAL VISITOR - MORE INFO COMING
SOON

AUGUST 11TH - PRETTY IN PINK PHOTOSHOOT

AUGUST 14TH - SUMMER SHOWOFF

AUGUST 18-20TH - GYM CLOSED

SEPTEMBER 1-4TH - GYM CLOSED

OCTOBER 6-9 - GYM CLOSED

OCTOBER 31ST - GYM CLOSED

NOVEMBER 11TH - GYM CLOSED

NOVEMBER 26TH - PRETTY IN PINK SHOWCASE

DECEMBER 23-JAN 6TH - GYM CLOSED

FEBRUARY 19-23RD - GYM CLOSED

MARCH 29-31 - GYM CLOSED

APRIL 27TH - END OF SEASON GALA

A TEAM CALENDER FOR ALL TEAMS REGARDING
IMPORTANT DATES, THEME PRACTICES, EVENTS, AND
BLACK OUT PERIODS WILL BE GIVEN OUT AT FIRST
PRACTICE.