



Cheer Team Information Package

Welcome!

Your athlete has expressed interest in the Park Meadows Cheerleading Program for the 2019/20 Season. The purpose of this document is to ensure each family clearly understands and accepts all obligations and other important expectations and requirements of the cheerleading program. This document also provides a summary of policies.

Please be aware that joining the cheerleading team involves a time and financial commitment. All practices and performances are mandatory.

Program Director

Samantha Paradee Bus. Ph : 403-328-3990 email: sam@perfectstormathletics.com

Teacher Advisor

Stacey Hegland email: stacey.hegland@lethsd.ab.ca

Coaches

Grades 1-3 (Kittenz) Mackenzie Sokolowski & Kim Caballo

Grades 4/5 (Katz) Mackenzie Sokolowski, TBA

Practice Times

- Thursdays 3:30-4:45pm Grades 1-3 (Kittenz)
- Tuesdays 3:30-4:45pm Grade 4/5 (Katz)

Coach Samantha owns Perfect Storm Athletics, an All Star Cheerleading facility and due to both the time management of our volunteer coaches and the opportunities practicing in a fully equipped facility provides; the Park Meadows cheer team will spend their time practicing in the gym at Park Meadows and offsite at Perfect Storm Athletics when possible. All practice locations will be communicated weeks in advance.

Practices begin September 24th & 26th. Last days of practices are March 17 & 19

** All athletes must head home or be picked up promptly at 4:50pm. Athletes cannot wait past this time **

NO PRACTICES

Katz : Oct 15 Literacy Day, Nov 12 PD Day, Dec 24 & 31 Christmas Break, Feb 18 Reading Week

Kittenz : Oct 31 Halloween, Dec 26 & Jan 2 Christmas Break, Feb 20 Reading Week

Financial Obligations

DUE DATE	DESCRIPTION	AMOUNT
Sep 25	Payment 1	\$125
Oct 25	Payment 2	\$125
Nov 25	Payment 3	\$125

The entire program including competition fees, practice gear and competition gear is \$375.00. All transactions are through School Cash Online.

We also support and assist qualifying families to apply for Jumpstart & Kid Sport Subsidies.

- Tumbling is recommended but not mandatory for Park Meadows athletes. Athletes can choose a weekly class or semi-private lessons at many cheer & gymnastics facilities within the city.
- Perfect Storm athletics tumbling classes: <https://lethbridge.perfectstormathletics.com/register/>
- Cheerleading shoes are not included in registration fees. Shoes will need to be purchased by families as there are many price points and options. Shoes must be completely white and can be purchased at many locations including online. Shoes need to be athletic with a small tread and cannot be flat bottomed with little support (vans, converse, ect.) You may also purchase shoes at Perfect Storm Athletics.

Mandatory Performance & Competition Dates

- All competitions & performances listed below.
- Ticket prices and purchase deadlines will be announced by email as dates approach.
- Families are responsible for the transportation of their athletes to and from competitions.

Event	Comp. Date	Location
Frostbite Showcase	Dec 8	Lethbridge College
Imagine Cheer & Dance Championships	Jan 18	Lethbridge, Enmax Centre
Stampede City Cheer Challenge	March 16	Calgary, Mount Royal

Mid Season family travel and absence from practice

- We respectfully request that families do not take holidays during our competitive months of September through April, with the exception of Christmas, Reading Week and Easter Break.
- Absences will result in athletes being placed in new positions, choreography, stunts and/or formations upon athlete's return. The team will run practices in the most effective way possible when an athlete is missing, putting the team's needs before the absent athlete's needs.
- If you will be absent from a practice the program director must be **verbally contacted directly or emailed.**

Athlete position changes and team level changes

- Throughout the season coaches will make changes to routines for a variety of reasons. Athletes should expect this and be prepared for their roles within a routine to change.
- Coaches also reserve the right to change a team's competitive division during the season. This includes moving a team up or down a level.
- The Park Meadows cheerleading teams will compete in the Elementary Beginner and Novice categories for 2019-20.

Communication

- Every month the program director will email a newsletter "The Bite" to parents outlining upcoming events, deadlines, etc.
- Please ensure your email address is kept current.

Registration

To register for the 2019-20 Cheerleading Season please complete the following form :

https://docs.google.com/forms/d/e/1FAIpQLSdGVmKTCKNBIRJk9VzkgV0nn8TPToan_MBkAEmUDAAj6jJwJw/viewform

A parent meeting will be held at the second practice of the season (Oct 1,3) after practice at 4:45pm. Parents will meet the coaches, have the opportunity to ask questions and go through a brief Year at a Glance.

If your athlete would like to try cheerleading before committing to a team Perfect Storm Athletics is offering a "Check Out Cheer" class Sept 14th at their facility.

Sign up Online: <https://lethbridge.perfectstormathletics.com/register/>

**We are looking forward to the NEW Cheerleading Season with great anticipation.
Welcome to the Panther Cheer Family!**