

PURE **IMPACT** *Cheerleading*

Novice, Prep & All-Star Cheerleading

Welcome Package

2023 / 2024

Dream Big. Work Hard. Make It Happen.

Pure Impact Novice, Prep & All-Star Cheerleading programs will combine the competitive aspects of sport such as flexibility, strength, endurance, fitness and mental toughness. With professional certifications, knowledge and experience in a variety of disciplines including cheer, gymnastics, trampoline and more, our diverse coaching staff is committed to providing a safe, positive and enjoyable learning environment for all levels.

Our qualified coaches are excited to share their passion with the Pure Impact Cheerleading community and will encourage athletes to develop strong leadership and communication skills while building self esteem, body awareness (muscle development), and lasting friendships.

OUR PROGRAMS

Competitive Cheerleading
Recreational Cheerleading
Tumbling
Private Lessons
Cheerleading Camps
Clinics
Birthday Parties



COMPETITIVE CHEERLEADING

Novice, Prep and All-Star

Pure Impact Novice, Prep & All-Star Cheerleading teams will train in selected teams of 5-30 athletes from the start of our season August 1st, 2023 until May 31st, 2024. Our focus is to bring a positive spirit and encourage all athletes to shine at every level! Athletes will experience the ultimate team unity as they work together alongside their coaches to achieve their highest level possible.

There are many factors that contribute to athlete team placements, including but not limited to; age, position, skill level, etc. Teams are open to everyone, no experience is necessary. Competitive athletes must be turning the age of 4 in the 2024 year or older to participate.

**NOVICE, PREP & ALL-STAR TEAM DIVISIONS AND LEVELS WILL BE CHOSEN BASED ON THE ATHLETES THAT ATTEND TEAM TRYOUTS*

INDIVIDUAL / DUO / TRIO TEAMS

Pure Impact Cheerleading offers athletes the chance to perform Individual, Duo, & Trio routines.

Athletes will get their very own customized routine that will consist of jumps, tumbling and dance. With our amazing group of coaches, we will develop, design and choreograph a routine just for you!

This program is open to all athletes who are willing to put in the extra work with their coaches and would like to have something of their own. If your child wishes to participate in an individual, duo or trio routine please contact pureimpactcheerleading@gmail.com.

STRENGTH / FLEXIBILITY TUMBLING

Pure Impact Cheerleading competitive strength, flexibility and tumbling programs are the perfect addition to our team training. Our strength, flexibility and tumbling training is a 3 hour class designed to further develop existing skills, achieve new skills, and/or receive skill specific stretching and conditioning as they work to improve their capabilities as they aim to progress to the next level.

**Recommended for Pure Impact Novice, Prep & All-Star Cheerleading athletes*



TEAM TRYOUTS

Team tryouts are important in order for athletes and teams to train in a positive environment. Novice, Prep & All-Star teams, divisions and levels, will be chosen based on athletes that attend team tryouts. It is our priority to place athletes where they are most likely to succeed, continue to develop, and compete confidently.

There are many factors that contribute to athlete placements, including but not limited to, age, position, skill level, etc. **Athletes will NOT be placed on a Novice, Prep or All-Star team based on which team their friend or sibling is on.** Please respect that our coaches are highly experienced and want what is best for each and every athlete. **The placement of your athlete is not up for debate and staff will not tolerate any form of harassment from parents and/or athletes regarding this matter.** Parents with questions about placements, regarding their athlete only, are welcome to email their concerns following their team reveal. If we do not have enough athletes within a certain age group to run a competitive team, an alternate option (put into a higher or lower team level, individual/duo/trio routines, or recreational cheerleading) may be offered.

If you are unable to attend your tryout date(s) for Novice, Prep & All-Star teams due to extraordinary circumstances, please contact Ashley via email (pureimpactcheerleading@gmail.com) and we will do our best to make arrangements for an individual skills assessment.

The Pure Impact Cheerleading coaching staff reserve, at any time & without notice, the right to rearrange the rosters of the teams for the benefit of the athletic performance and routine content.

Athlete's may be removed from a team or program for reasons which may include but are not limited to; disrespect from parents and/or athletes towards teammates and/or coaches, consistent absences and/or tardiness or lack of financial responsibility. There will be no refunds in the event of a removal from a team or program.

PRACTICE ATTIRE

Athletes must arrive at practice in athletic wear including t-shirts, tank tops, sports bras, shorts, leggings, socks and Pure Impact Cheerleading approved white shoes. **Absolutely no jeans, skirts or dresses are to be worn during practice.**

Hair must be tied up out of the athlete's view to avoid injury. A hair bow is also recommended for every practice, but not mandatory.

All jewelry is prohibited. This includes necklaces, rings, bracelets, piercings, anklets and hard hair accessories. Nails must be properly cut and nail polish free during competitions. Clear polish is acceptable during competitions.

Shoes: White cheerleading shoes may be purchased through the club or by the individual. These shoes are made specifically for the spring floor athletes will train and compete on and are mandatory for all practices and competitions.

SEASON 4 TRYOUTS

Register for your level tryout on GO MOTION.

Tryouts are free and open to all athletes interested. If you are unsure of the level to register for please ask and we can assist. Level training assessments will start in May and are mandatory for athletes to attend to as athletes may move between levels during assessments at the coaches discretion. Please respect that athlete team / level placement is up to the coaches to decide and not up for debate.

Please note that teams may be added or removed throughout the months of May - July. This will be based on tryout attendance and athlete levels / progressions at tryouts and level clinic training.

Competitive Cheerleading Need to Knows

- Competitive cheerleading is a 10 month commitment
- Season 4 starts AUGUST 1ST, 2023 and ends MAY 31ST, 2024
- ALL team training days during the season are MANDATORY
- MAY LEVEL ASSESSMENT TRAINING IS MANDATORY. IT IS NECESSARY TO ATTEND ALL TRAINING SESSIONS FOR ATHLETES TO WORK ON THEIR LEVEL SKILLS AND SHOWCASE THEIR ABILITIES TO THEIR COACHES
- cost of May Level Training will be the same as the monthly tuition for Season 3
 - schedule will be released before tryouts
- Level training clinics will start in June and end in July. These clinics are optional but highly encouraged. You will have a choice to pick what clinics you would like to attend to during these months. Schedule will be posted after tryouts and registration will be required through GO MOTION

ABOUT TRYOUTS

- register for your level tryout on go motion
- tryouts are free and open to all athletes interested
- if you are unsure of the level to register for please ask and we can assist
- level training assessments will start in May - mandatory
 - schedule will be posted before tryouts
- athletes may move between levels during assessments at the coaches discretion
- please respect that athlete team / level placement is up to the coaches

TRYOUT DAYS / TIMES

Please note that teams may be added or removed throughout the months of May - July. This will be based on tryout attendance and athlete levels / progressions at tryouts and level assessments and clinic training.

SATURDAY, APRIL 29TH, 2023

Novice (5 - 8 years)	2:30 - 3:30pm
PREP LEVEL 1 (5 - 8 years)	3:45 - 4:45pm
LEVEL 1 (8 - 16 years)	5:00 - 6:30pm

SUNDAY, APRIL 30TH, 2023

LEVEL 2 (8 - 16 years)	1:00 - 2:00pm
LEVEL 3 (12 - 16 years)	2:15 - 3:45pm
Open (15 years +)	4:00 - 5:15pm

REGISTER THROUGH GO MOTION

REGISTRATION & TRAINING FEES

Outlined on the next page you will find the 2023 / 2024 training fees for Novice, Prep & All-Star programs.

New uniforms will be designed every 4 years. Athletes are only required to purchase the complete attire package if they do not currently have the Pure Impact Cheerleading attire. Individual pieces will be available for purchase for those who need a new size or .additional stock



COMPETITIVE TUITION

Competitive tuition is your monthly payment for your athlete(s) training from the start of August 1st, 2023 to the end of May 31st, 2024. All monthly training fees are due on the 1st of each month (August 1st, 2023 – May 1st, 2024) payable via e-transfer to pureimpactcheerleading@gmail.com. Training fees will be based on the level of each team for the 2023 - 2024 competitive season.

COMPETITION FEES ARE IN ADDITION TO THE REGISTRATION FEE AND MONTHLY TUITION FEES. COMPETITION FEES MUST BE SUBMITTED TO PURE IMPACT CHEERLEADING ON OR BEFORE THE DESIGNATED DUE DATE VIA E-TRANSFER.

GO MOTION

GoMotion
by  **sportsengine**.INC

GO MOTION is our NEW online registration platform! Please download the app to use to keep track of monthly payments, classes and information! Once team placements have been finalized, Pure Impact Cheerleading will email you to confirm your child(s) team training schedule, payment details as well as add your child to the appropriate level via your GO MOTION account.

TRAINING FEES

Training Contract: August 1st, 2023 to May 31st, 2024

Payment is due on the 1st of each month via e-transfer to pureimpactcheerleading@gmail.com or cash if you prefer. There is a 5% discount applied if you pay the full amount at the beginning of the season.

Full Amount Due Date: August 1st, 2022

Registration Fee

Registration fee is due with the first month's payment. This fee will cover the cost of your athletes uniform, music, scrunchie / bow and team t-shirt.

Novice Registration Fee (uniform, scrunchie / bow, music, team t-shirt): \$250.00

All-Star / Prep Registration Fee (uniform, scrunchie / bow, music, team t-shirt): \$350.00

No Uniform Registration Fee (scrunchie / bow, music, team t-shirt): \$100.00

MANDATORY TEAM TRAINING

Level	Hours of Training / week	Monthly Tuition	Yearly Payment (5% discount)	Estimated Total for Competition Fees
Novice	2 hours	\$120	\$1140	\$300 - \$400
Prep	2 hours	\$120	\$1140	\$400 - \$500
Level 1	4 hours	\$170	\$1615	\$700 - \$800
Level 2	4 hours	\$170	\$1615	\$700 - \$800
Level 3	4 hours	\$170	\$1615	\$700 - \$800

EXTRA TRAINING

3 hour tumbling / strength / flexibility training

Level	Hours of Training / week	Monthly Tuition	Yearly Payment (5% discount)
Novice	5 hours	\$190	\$1805
Prep	5 hours	\$190	\$1805
Level 1	7 hours	\$240	\$2280
Level 2	7 hours	\$240	\$2280
Level 3	7 hours	\$240	\$2280

CROSS-OVER ATHLETES - Additional \$60 / month

ATTENDANCE

ATTENDANCE IS MANDATORY FOR ALL COMPETITIVE ATHLETES.

Absence from a practice(s) must be approved by Pure Impact Cheerleading no later than 1 week prior to their scheduled start time of their training session.

Attendance violations are subject to a \$50 fine.

ATTENDANCE CONTRACT:

Cheerleading requires teamwork and dedication from all team members, parents, and coaches to ensure the team finds success and most importantly, for the safety of our athletes. Attendance is very important for the success of our teams. Missing one athlete at practice affects the entire team and interferes with choreography, stunting & pyramids. Athletes are expected to attend all practices, arrive on time and are not to leave early, unless pre-approved by a coach. Absences can hold back the team's progress and often cause frustration for athletes who are not able to train effectively that day. Coaches cannot do their job properly if they are unable to work with the entire team at every practice. Practices are mandatory for all cheerleaders. Please make note of the unexcused absences outlined below:

- If a member of Pure Impact Cheerleading participates in other activities, Pure Impact Cheerleading must remain the priority. Other sports are encouraged but may not interfere with any Pure Impact Cheerleading training, events, performances or competitions.
- Missing practice due to a school activity or any other sports / events, to finish homework, household chores, etc does not excuse an athlete from practice.
- Punishing the athlete by missing practice does not help the athlete, it only hurts the team, coaches, and the athlete as they may be removed from the program.
- Regular doctor, dentist, physiotherapy, etc appointments must not conflict with practice and competition times. Please book on non-practice days/times.
- Athletes struggling from minor injuries are still expected to attend practices for modified training or to sit and watch the training session to learn any choreography changes or upgrades and show their team support. Their participation will be determined on a case by case basis.
- If an athlete is continuously ill and needs to miss practice, they may be replaced, switched to an alternate position, or moved to the recreational program.
- Novice, Prep & All-Star athletes who miss a practice or multiple practices leading up to a competition may put their attendance at the upcoming competition in jeopardy at the coaches' discretion and the athlete may potentially not return to their same position for subsequent competitions.
- A \$50 fine will be issued for unexcused practices.

Please note that *practices may be added in or cancelled due to competition or other Pure Impact Cheerleading events.*

If in doubt or uncertain about our attendance policy, contact Pure Impact Cheerleading for a more thorough explanation.

Contract will be available to sign through your GO MOTION account

COMPETITIONS

A detailed competition schedule will be given to all members once competition dates are confirmed. All competitions are mandatory and can start as early as November and run until May. Competition fees may vary based on the competition. Competition registration fees are in addition to the athletes training fees and will be communicated to the parents via email as soon as we receive confirmation of fees from the competition. Competition registration fees must be submitted to Pure Impact Cheerleading via e-transfer by the designated due date. Pure Impact Cheerleading does not provide transportation to and from competitions. Parents / Guardians are responsible for getting athletes to the competition on time. It is recommended to carpool with other members for travel.

Competition Attendance

Attendance at scheduled competitions are mandatory. Do not schedule vacations or family vacations within one week prior to the scheduled competition. It is the athlete's responsibility to adhere to the competition schedule. **Athlete's MUST stay for the entire length of the competition for their respective team including awards.**

Competition schedules are usually given to the coaches a week before the competition. Competitions could start as early as 7am, so please prepare to dedicate the entire day and/or weekend to the competition event.

Competition Etiquette

Cheerleading can be an intense sport as athletes, parents and coaches. We must remember that going into competition or even going to an event, you are representing the gym as a whole.

As parents, it is your responsibility to be there to support your athletes and team in a sport that they love to do by showing up and cheering them on! Each of our athletes have worked so hard to compete and show off what they have learned to family and friends!

Please review our competition etiquette contract (GO MOTION ACCOUNT) for the gym as well as check the box(es) stating that you have read and agree to follow our competition etiquette policies!

Please be aware of your surroundings in a competition setting and always act professionally as you are representing our gym and athletes. Please clean up after eating and make sure your athletes are not making messes in the venue.

Prior to the athletes competing, athletes may be required to stay with the coaches for several hours. Please make sure your athlete is fed beforehand and pack a competition appropriate snack. While the athletes are competing most competitions have a spectator V.I.P area where you can watch your club's teams compete up close! We encourage our families to move from their regular seats to the V.I.P area during Pure Impact Cheerleading performances. We want our athletes to be able to hear you cheering LOUD!



BLACKOUT WEEKS

Athlete attendance is mandatory for all team training practices. During BLACKOUT weeks an athlete may be removed from certain sections of the routine if they are not in attendance. Athletes missing practices a few weeks or a week leading up to a competition impacts the teams capability to train to their fullest potential and have the CONFIDENCE they need to perform their routine at competition.

Blackout weeks will be in effect for the week leading up to a competition and the last 2 weeks before NATIONALS (April competition)

HOLIDAYS AND CLOSURES

There will be no training during the holiday closures noted below, and monthly training fees will not be altered.

July 22nd - 31st, 2023 - Competitive Holiday Week

August 7th, 2023 - Civic Holiday

September 4th, 2023 - Labour Day

October 9th, 2023 - Thanksgiving

December 23rd, 2023 - January 7th, 2024 - CHRISTMAS HOLIDAY

February 20th, 2024 - Family Day

March 11th - 15th 2024 - March Break

March 30th - 31st, 2024 - Easter Weekend

July 1st, 2024 - Canada Day



FUNDRAISERS

We know how expensive competitive cheerleading can be and we want to make sure that every athlete has their chance to shine!

Upcoming fundraisers will be discussed and released by our
2023 - 2024 Parent Committee

****fundraising is only available to Pure Impact Cheerleading competitive families. You must have a child participating in a competitive program in order to part take in our fundraising advantages. Fundraising money can only be used towards competitive fees***

OUR FUNDRAISERS

Money raised by each competitive family can only be used at Pure Impact Cheerleading as credit for our competitive program, private lessons and pro-shop. Funds cannot be used towards the purchase of merchandise at competitions, social events, etc. or given as a cash value. At the end of the year if you still have funds in your account, they will be transferred over to the following year.



HOW DO THEY WORK?

Each Pure Impact Cheerleading competitive family who part takes in our fundraisers can use the funds that they raise towards their child(s) training tuition, registration fees, competition fees, pro shop apparel and private lessons that is offered at Pure Impact Cheerleading.

All money raised from each fundraiser must be handed into Pure Impact Cheerleading by the designated due date and will be added to your "account". Pure Impact Cheerleading will keep track of the money you raise and will only use the funds through your consent.



PRIVATE LESSONS

Pure Impact Cheerleading private programs are designed for athletes who are interested in receiving one on one or small group training in addition to their regular training. Focus may be on stunting, tumbling, strength training, flexibility improvement, etc. This is geared towards meeting the needs of the specific athlete or group to help improve skill level in the area of their choice.

There are 30 minutes to 60 minutes training sessions available (additional hours may be available upon request at the discretion of the coach).

Private Length	Per Class	Buy 4	Buy 8
One on One 30 Minutes	\$45	\$160 \$20 savings	\$315 \$45 savings
One on One 60 Minutes	\$90	\$340 \$20 savings	\$630 \$90 savings
Semi (up to 5 athletes) 30 Minutes	\$35	\$120 \$20 savings	\$245 \$35 savings
Semi (up to 5 athletes) 60 Minutes	\$70	\$260 \$20 savings	\$490 \$70 savings



ADDITIONAL POLICIES AND PROCEDURES

- Athletes must wait for their practice to begin and for their coach to be present before entering the training area.
- No use of equipment is permitted unless under the supervision of their coach.
- No food or beverages are to be consumed on the gym floor or training area and this includes chewing gum, snacks, candy, and pop. Water may be kept in the designated water area
- Any athlete drinking Gatorade or Powerade must also bring a water bottle in order to remain hydrated during practice.
- Hair must be tied back or pinned away from the eyes at all times.
- Absolutely NO jewelry may be worn to practices, especially body piercings.
- In order for athletes to remain focused and for the productivity of the team, we ask that parents limit viewing. No parents or siblings are allowed on the training floor or competition floor. Parents must have control of siblings at all times
- Cell phone usage: Athletes - Use of cell phones or cameras are not permitted in the gym at any time during training or watching due to illness/injury. Parents – While in the parent viewing area phones must remain on quiet / vibrate. No flash photography is permitted.
- Any and all injuries must be reported to your coach immediately, no matter how insignificant the injury may seem and/or whether or not it is cheer-related.
- Cheerleaders must always wear appropriate clothing and clean indoor cheerleading shoes in the training gym. Cheer shoes are to be worn INSIDE ONLY.
- The coaching staff have the authority to refuse or expel anyone from the gym for various and acceptable reasons, upon agreement of the Pure Impact Cheer coaching team as a whole.
- Any skill which is unfamiliar to a person must not be performed without supervision by a certified coach and only at the coaches discretion.
- No dress shoes, boots or dirty runners allowed on the gym floor. Smoking, e-cigarettes, vaping, drugs or alcohol are strictly prohibited. Any athlete contravening this may be immediately removed from their team and the gym. Anyone appearing to be “under the influence” will be immediately dismissed from the gym.
- Abusive behaviour, lying, or any negative form of behaviour is ground for dismissal.
- Shouting, swearing, or rude language from athletes, parents and spectators will not be tolerated.
- Pure Impact Cheerleading has a nut allergy alert in effect. Nut products are not allowed in the gym under any circumstances.
- Any negative behaviour towards Pure Impact Cheerleading via any medium (Facebook, Twitter, Instagram, SnapChat, other chat boards, or any other forms of social media) may result in removal from the program. In addition, athletes shall not post any compromising photos of themselves, other athletes, or coaches on any internet sites or social media.
- Monthly training fees are non-refundable nor will they be adjusted once the payment has been processed. If monthly training fees are not submitted by the 1st of the month, athletes may temporarily be removed from their training until payment has been received.

Inability or refusal to follow these or any other coaches directives and / or rules may result in immediate expulsion from the gym.

REGISTRATION PROCESS

Step 1:

Make sure you have an account with our GO MOTION registration system. If you are a new member to the gym, visit our website to access GO MOTION and following the directions to register for our Season 4 tryouts and create an account.

Step 2:

Register for tryouts and be sure to sign all waivers attached to your GO MOTION account

Step 3:

Attend your designated tryout day and time

Step 4:

Keep an eye out via email for your athlete(s) level placement for the month of May training. You will then be added by Pure Impact Cheerleading to your designated level training day(s) and time(s) for the month of May

Step 5:

DO NOT ADD YOUR CREDIT CARD TO YOUR GO MOTION ACCOUNT. Payments can be sent via e-transfer to pureimpactcheerleading@gmail.com or pay by cash if you prefer

Step 6:

Competitive Cheerleading contracts for the Season 4 year must be sign through your GO MOTION account by May 19th, 2023. A email will be sent out when contracts are readily available to sign.

Step 7:

Team reveals for Season 4 will take place July 15th, 2023