



TOXIC ELITE CHEER HANDBOOK

2023-2024

What is All-Star Cheerleading?

All-Star cheerleading is a competitive team sport that combines stunting, tumbling, jumps, and dance into a choreographed routine. All-Star cheerleading is made up of 7 levels with categories broken up by age bracket as well as whether a team is pre-competitive (novice or prep) and competitive (all-star).

Toxic Elite is a volunteer run cheerleading club committed to being an inclusive program offering both pre-competitive (novice or prep) and competitive (all-star) teams at various skill levels. This allows for varying levels of commitment, season length, and number of performances in a season. We are also proud to offer a Cheer Abilities team that allows for athletes of all ages and ability levels to experience and excel at this amazing sport.

Team Descriptions

Hazard

Division: Novice U6
Age: born 2017-2020
Practice: 1 hour per week (1 practice)
Coach(es): Lisa
Monthly fee: \$50/month Aug-Apr
Uniform: green bodysuit and black tutu (\$50)
Competitions: Imagine (Calgary), Warman Cheer
Classic (Warman, Sask), All-Star Extravaganza
(Edmonton)

Explosion

Division: Prep U8
Age: born 2015 & 2016
Practice: 1 hour per week (1 practice)
Coach(es): Shelby
Monthly fee: \$50/month Aug-Apr
Uniform: black bodysuit and green sparkle
shorts (\$60)
Competitions: Imagine (Calgary), Warman Cheer
Classic (Warman, Sask), All-Star Extravaganza
(Edmonton)

Poison

Division: All-Star U12
Age: born 2011-2014
Practice: 2 hour per week (2 practices)
Coach(es): Dakota and Debbie
Monthly fee: \$75/month Aug-Apr
Uniform: long-sleeved cheer top and skirt
(\$200)
Competitions: Imagine (Calgary), Warman Cheer
Classic (Warman, Sask), All-Star Extravaganza
(Edmonton)

Corrosion

Division: All-Star U18
Age: born 2005-2010
Practice: 2.5 hour per week (2 practices)
Coach(es): Debbie, Dakota, Lisa
Monthly fee: \$75/month Aug-Apr
Uniform: all-star uniform (\$300)
Competitions: Imagine (Calgary), Warman Cheer
Classic (Warman, Sask), All-Star Extravaganza
(Edmonton), (*Possibility*) Magical Competition
of The World (Mexico)

Toxic

Division: All-Star Open 4.2
Age: born 2007 or earlier
Practice: 3 hour per week (2 practices)
Coach(es): Debbie, Dakota, Lisa
Monthly fee: \$75/month Aug-Apr
Uniform: all-star uniform (\$300)
Competitions: Imagine (Calgary), Warman Cheer
Classic (Warman, Sask), All-Star Extravaganza
(Edmonton), (*Possibility*) Magical Competition
of The World (Mexico)

Venom

Division: Abilities
Age: born 2018 or earlier
Practice: 1 hour per week (1 practice)
Coach(es): Sam and Naomi
Monthly fee: \$50/month Aug-May
Uniform: bedazzled T-shirt and skirt (\$50)
Competitions: Imagine (Calgary), Warman Cheer
Classic (Warman, Sask), All-Star Extravaganza
(Edmonton), (*Possibility*) Magical Competition
of The World (Mexico)

Season Fees

Team	Total Yearly Club Fees	ACA Registration	Uniform Costs
Hazard (U6)	\$450/yr	\$30	\$60
Explosion (U8)	\$450/yr	\$30	\$60
Poison (U12)	\$675/yr	\$30	\$200
Corrosion (U18)	\$675/yr	\$30	\$300
Toxic (Open 4.2)	\$675/yr	\$30	\$300
Venom (Abilities)	\$450/yr	\$30	\$50
Crossover Athletes	\$900/yr	\$30	Dependent on teams

***Club fees include facility costs, music costs, competition fees, and athlete insurance. Costs associated with competition (travel, accommodations, etc.) are additional but can be subsidized by carpooling, room sharing, and fundraising.**

**** Club fees can be paid in full or in monthly installments starting in August 2023 in order to take advantage of early bird registration savings.**

***** If an athlete quits part way through the season. Any outstanding club fees are required to be paid out.**

Competition Dates

Imagine - Calgary: Feb 3-4, 2024 (All teams)

Warman Cheer Classic – Warman, Saskatchewan: Mar 8-10, 2024 (All teams)

All-Star Cheer Extravaganza – Edmonton: Apr 12-13, 2024 (All teams)

***Possibility* Magical Competition of The World** - Puerto Vallarta, Mexico: May 2024 (U18, Open 4.2, Abilities)

***U6, U8, U12, and Abilities only perform once for 2-day competitions.**



September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



January



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		



March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



May



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Athlete Code of Conduct

- 1) Athletes shall show respect to all coaches, coaches-in-training, officials and other team members.
 - a. No gossiping;
 - b. No inappropriate behaviour;
 - c. No “attitude”; and,
 - d. No fighting or feuds.
- 2) A cheerleader should promote good sportsmanship through enthusiasm, positivity, and support of all other athletes, teams, and/or clubs.
- 3) When in uniform, athletes are to conduct themselves in accordance with the ethics and values outlined in the athlete handbook.
- 4) Cell phones will be put away during practice. Use of cell phones during practice will result in confiscation.
- 5) Athletes must not be under the influence of alcohol or illegal drugs of any kind during formal club functions. This includes all practices, performances, public appearances, and fundraising events.
 - a. Nonadherence to this rule will result in an immediate dismissal from the team. See Discipline for further information.
- 6) Athletes are expected to maintain a personal standard of health and wellness.
 - a. All athletes are expected to work to increase their physical fitness, endurance, and flexibility over the season.
 - b. All athletes are expected to manage their commitments in order to reduce stress.

Safety Rules

- 1) Please ensure all contact and medical information is current and correct.
- 2) Any cheerleader acting in an unsafe manner that puts either themselves or others in danger will be asked to leave practice and will be on automatic probation.
- 3) No stunting unless coaches are in the gym supervising.

Uniforms and Appearance

- 1) Athletes are in charge of cleaning and caring for all equipment and clothing.
- 2) Practice wear should consist of non-restrictive clothing and clean shoes. Hair must be up in a ponytail. *Jeans are not allowed*
- 3) Female athletes may choose to wear sports bras/half tops for practice.
- 4) Male athletes may choose to remove their shirts during practice.
- 5) Uniform pieces will be worn only for competitions and predetermined practices and/or fundraising events.
- 6) Large, sharp, and/or dangling jewelry should be removed during practice
- 7) Water bottles are to be brought to all practices.

Practice Sessions

- 1) **Attendance of all practices is strongly recommended.**
 - a. If you are ill and attend school you are still expected to attend practice to watch.
 - b. If an athlete does not attend school due to illness, they are not encouraged to attend practice that same day.
- 2) Coaches must be informed of planned absences one week in advance by **parents/guardians**. Illness or family emergency will be within 24 hours. Failure to notify the coach will result in a noted unexcused absence.
 - a. Coaches must be informed by the **parent/guardian**. A message passed along by other teammates is not considered valid.
- 3) Athletes must provide a note from a medical doctor or a physio therapist if they have a long-term injury.
- 4) It is recommended that athletes make use of local gyms to practice their tumbling, jumps, and dance.
- 5) Athletes are to be appropriately dressed with shoes on and hair back by the start of set practice time.
- 6) Practice will begin with a team warm-up, followed by team stretching.

- a. Warm-up intensity will increase over the season.
- 7) Parents/guardians/friends/family are invited to view practices but are not allowed on the practice floor.

Social Media/Internet/Cell Phone

- 1) Important information will be sent out by e-mail, text, or group chat to parents and athletes by the coaches.
- 2) Toxic Elite Cheerleading has Instagram and Facebook pages, please follow/join to receive updates.
- 3) Athletes must keep their profile pages and online presence clean; the coaches will be checking profiles periodically.
- 4) Athletes found to be using social media, the internet, or their cell phones for harassing other athletes within the club or other cheerleading clubs will be put on immediate probation. Depending on the severity of the harassment, it may result in removal from the team and action by the school.

Discipline

- 1) If a probationary level issue arises two times the result will be dismissal from the team, depending on the severity.
- 2) Dismissal from the team is non-reversible for that competition season.
- 3) If you are dismissed from, or quit the team, your fees will not be refunded to you.
- 4) The following will result in probation:
 - a. Undesirable or immoral behaviour;
 - b. Attitude problems and the inability to get along;
 - c. Use of alcohol during a formal club function/event (ie. practice, competition, fundraising events);
 - d. Unsafe behaviour in practice resulting in severe injury to other athletes;
 - e. Unprofessional profile pages/online presence;
 - f. Multiple unexcused absences;

- g. A parents behaviour, if found to be detrimental to the team or volunteer coaches, may result in probation for their child; and/or,
 - h. Failure to uphold constitution;
 - i. Violation of rules and regulations;
- 5) The following will result in automatic dismissal:
- a. Use of illegal drugs during a formal club function/event;
 - b. Harassment or abuse of others online;
 - c. Unexcused absence of a competition/performance;
 - d. Anything that harms the reputation of the program; and/or,
 - e. Violation of rules and regulations.

Parent/Coach Relationship

We understand both parenting and coaching are extremely difficult jobs. Coaches at Toxic Elite are certified professionals who volunteer their time. They make judgement decisions based on what they believe to be the best for all athletes involved. By establishing an understanding of each other, we are better able to respect the actions of the other and provide greater benefit to all our athletes.

Appropriate concerns to discuss with the coaches:

- 1) The treatment of your child mentally and physically
- 2) Ways to help your child improve
- 3) Concerns about your child's behaviour

Issues not appropriate to discuss with coaches:

- 1) Choreographed position of athlete
- 2) Choice of division
- 3) Other athletes

It is important to remember that a person can learn many valuable lessons by being a member of a team, regardless of their position/placement in a routine. Among them are the following: sportsmanship, appreciation of good play by an opponent, working together to meet team goals, responsibility and commitment to team, loyalty, placing the team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control, and being responsible for one's own actions.

Informed Consent and Acknowledgement Agreement

Toxic Elite Cheerleading

September 1, 2023 to May 31, 2024

WARNING!

Cheerleading is a vigorous, physical activity involving motion, rotation and height in a unique environment and as such carries with it a higher than ordinary risk of injury. Be advised that serious, catastrophic injury, paralysis or even death could occur particularly if a participant were to land on his/her head, neck or back.

I/We, _____, parents and/or legal guardians of _____, who is an athlete with *Toxic Elite Cheerleading* wishes to participate in their cheerleading program, voluntarily give our consent for such participation by our son/daughter.

It has been adequately explained to us that cheerleading is an activity which may involve airborne inversion of the body and therefore there is an increased potential that any one of the routines involving our son/daughter's participation could lead to serious injury, paralysis or even death.

We understand that our son/daughter is required to be in good physical shape and condition and that the activities in which he/she will be asked to participate are strenuous and require physical and athletic agility. It has been fully explained to us that these activities include, but are not necessarily limited to a variety of gymnastics maneuvers; that there will be a variety of mounts, tosses, and stunts requiring the coordination of more than one participant on the team; and that these activities will not be confined to any one site or venue, but rather will involve a variety of sites or venues throughout the year.

We represent to you that, to the best of our knowledge and belief, any known physical, medical, or mental disability or other limitation that would restrict his/her ability to fully participate in this activity have been disclosed to *Toxic Elite Cheerleading* in order to assure all skills our son/daughter is involved in are appropriate. We further agree to notify immediately the appropriate personnel in the event of any change in our son/daughter's health status.

We also understand that our son/daughter will be required to travel to locations out of the city of Medicine Hat for the purpose of participating in cheerleading activities/competitions. We agree to, and by signing this agreement, release the coaches, advisors, volunteers and staff of *Toxic Elite Cheerleading* from any claim of negligence by ourselves, our son/daughter, our heirs, executors and assigns, from any liability arising from claims for damages for injury to our son/daughter and any claims for loss of or damage to his/her property which may arise out of his/her participation in this cheerleading program for the 2023/24 competitive year.

In witness whereof, I/we have affixed our signatures to this agreement this _____ day of _____, 2023 at _____.

(parent's and/or legal guardian's signature)

(date)

(parent's and/or legal guardian's signature)

(date)

Toxic Elite Cheerleading Personal Information Page

Personal Information

Name: _____

Main Phone: _____ Secondary Phone: _____

Address: _____ City: _____

E-Mail Address: _____

Date of Birth: _____

Parent/Legal Guardian: _____

Parent Phone: _____ Secondary Phone: _____

Parent E-mail Address: _____

Medical Information

1) Allergies: _____

2) Current Medications: _____

3) Previous injuries that may impact performance: _____

_____.

Other Information

1) Are you currently a member of any club/organization/team that may interfere with cheerleading?

2) List any cheer/dance/gymnastics experience you have: _____

