

P.A.C.E. ALL-STAR CHEERLEADING

Thank you for your interest in Prince Albert Cheer Explosion!! We are the **ONLY** All-Star Cheerleading Club in Prince Albert. Here at P.A.C.E. no experience is necessary!! We offer teams that age 4-18 years, which will showcase and highlight all of our athletes' abilities! P.A.C.E. is a great place for your athlete to keep active, make new friends, learn teamwork and develop self-confidence, all while reaching personal and team goals. We look forward to an exciting new season with you!

In this package, you will find:

P.A.C.E. All-Star Cheerleading Information
Registration/Program costs – Additional information (Club apparel, athlete attendance, gym closures & important dates)
Tentative Competition schedule • Rules and Regulations

We encourage families to make an informed decision, before committing to our program.

We have included all the information needed to help you make this decision.

We appreciate your interest in P.A.C.E. and look forward to working with you and your athlete.

P.A.C.E. All-Star Cheerleading

Prince Albert Cheer Explosion is entering its 15th year in the Prince Albert area. If you choose to be a part of P.A.C.E., you choose to be part of the only All-Star Cheerleading Team in Prince Albert. You will be coached by SCA certified coaches who have dedicated themselves to the sport of cheerleading and P.A.C.E. athletes. Our head coach is the nominated winner of the 2008 SCA Coach of the Year.

P.A.C.E. CORE VALUES

★ TRUST ★ STRENGTH ★ PRIDE ★ SPIRIT ★ LEADERSHIP ★ ENDURANCE ★ DEDICATION ★ TEAMWORK ★

What is All-Star Cheerleading?

All-Star Cheerleading is fast paced, dynamic sport that encompasses stunt, pyramids, jumps, tumbling, tosses and dance & requires dedication and a strong work ethic from the male and female athletes that participate. It is as physically demanding as any other mainstream sport and is one of the fastest growing team-based athletic sports in Canada.

All-Star Cheerleading is the ultimate team sport. Athletes work with their teammates towards perfecting a 1 ½ minute, 2 minute or 2 ½ minute routine, which includes stunts, pyramids, tosses, tumbling, jumps and dance.

Competitive cheer improves strength, flexibility, endurance, and coordination. Being a valuable member of a team is a great way to build self-confidence, friendships and develop social skills. Prince Albert Cheer Explosion (P.A.C.E.) All-Star Cheerleading Inc. is the team in Prince Albert to provide this experience to athletes 4-18 yrs. old. Give it a try, and you will see that being a part of P.A.C.E. will be a fun and rewarding experience!

REGISTRATION

Once this contract is read and signed you will also need to complete the SCA Membership online (www.sca.ca/membership-registration/) prior to the first practice or tryout. These forms must be completed before an athlete is able to step on the floor. This year we will offer teams & tumbling classes, U6 Novice - birth years 2018-2021, U8 - birth years 2016-2020, U12 - birth years 2012-2017, U16 - birth years 2008-2013, U18 - birth years 2006-2011.

Individual competitive tumbling is available. It will be one of the following.

Level One – standing front and back walkovers. No extended level stunts.

Level Two – standing back handsprings, running series back handsprings, two-foot extended stunts and baskets.

Level Three – standing series back handsprings, running back handspring, back tucks, single leg extended stunts.

2024/2025 Training Schedule – is at Carlton Park Hall unless otherwise indicated

Possible changes due to team sizes, minimum of 5 athletes on U6 and minimum of 8 athletes U8/U12/U16/U18

TEAM	Monday	Tuesday	Wednesday	Thursday
BURST - NOVICE U6 (2018-2021) Age 4-6 (Dec 31/2025)		5:30-6:30pm		
SIZZLE – AS U8 (2016-2020) Age 5-8 (Dec 31/2025)	*5:30-7:30pm* (possible Tue/Thurs. practice times)	Tue Tumble Class 6:30-8:30pm	5:30-7:30pm	Dependent on team sizes
BLAST - AS U12 (2012-2017) Age 8-12 (Dec 31/2025)	*7:30-9:30pm*	Tue Tumble Class 6:30-8:30pm	7:30-9:30pm	
SURGE/IGNITE - AS U16 (2008-2013) Age 12-16 (Dec 31/25) U18 (2006-2011) Age 14-18 (Dec 31/25)	*7:30-9:30pm* (possible Mon/Thurs. practice times)	Tue Tumble Class 6:30-8:30pm	7:30-9:30pm	Dependent on team sizes

COMPETITIONS, DATES & LOCATIONS

Competition season begins December 2024.

All competitions are mandatory. Do not plan to be away in Dec/Jan/Feb/Mar.

U6 team will potentially attend 1 out of province competition.

(U12, U16 & U18 teams will looking at traveling Out of Country for competition 2024/2025 Season).

Even if one athlete is missing it will jeopardize the team's ability to perform their routine or potentially even to compete. If you **DO NOT** attend **ALL** practices 2 weeks prior to a competition weekend, you **WILL NOT** compete in that competition. Your spot will be replaced with another cheerleader.

TEAM	Battle at the Border Dec 7/24 Lloydminster, SK	Winter Knock-Out Jan 11/25 Warman, SK	Cold Snap Classic Jan 17-19/25 Edmonton, AB	Best of The West Feb 7-8/25 Moose Jaw, SK	Possible Out of Country Las Vegas Feb 2025/ Los Angeles Mar 2025	Warman Cheer Classic Mar 7-9/25 Warman, SK
BURST- NOVICE U6	X?	X		X		X
SIZZLE- AS U8	X?	X	X?	X		X
BLAST-AS U12	X	X	X	X	X*	X
SURGE/IGNITE- AS U16/U18	X	X	X	X	X*	X

We always give families as much notice as possible if any changes may occur

Competition Schedule will be confirmed ASAP

Out of Country competition will be determined by October 2024. For NEXT Season – 2024/2025

PRICING:

Registration/Monthly Tuition includes: Practice Location fees/Choreography Camp/Competition Music/Team Bow.

Competition Fees: All fees associated with registering for competitions. In province and out of province

Deposit: \$250.00 NON-REFUNDABLE: Due at registration – to be applied to end of season fees.

Registration Fee: \$50.00 NON-REFUNDABLE: due at registration – administration fees

Team	Monthly Tuition <small>(After deposit Oct/Nov/Dec 1st)</small>	Competition Fees <small>(Due Oct & Nov 1st)</small>	Uniform <small>(Due Sep 18/24)</small>	Jersey <small>(Due Sep 18/24)</small>	Practice Wear <small>(Due Sep 18/24)</small>
BURST - NOVICE <small>U6 - Age 4-6 (2018-2021) (Dec 31/25)</small>	\$150 x 3 <small>+ deposit/reg. fee</small>	\$100 x 2 <small>(\$200 – 3/4 comp fees)</small>	T-shirt \$TBD	\$95	\$90- \$110
SIZZLE – AS/PREP <small>U8 - Age 5-8 (2016-2020) (Dec 31/25)</small>	\$220 x 3 <small>+ deposit/reg. fee</small>	\$125 x 2 <small>(\$250 – 3/4 comp fees)</small>	\$410	\$95	\$90- \$110
BLAST - AS <small>U12 - Age 8-12 (2012-2017) (Dec 31/25)</small> SURGE - AS <small>U16 - Age 12-16 (2008-2013) (Dec 31/25)</small> IGNITE - AS <small>U18 - Age 14-18 (2006-2011) (Dec 31/25)</small>	\$290 x 3 <small>+ deposit/reg. fee</small>	\$240 x 2 <small>(\$480 – 5/6 comp fees) + out of country fee TBD</small>	\$410	\$95	\$90- \$110

UNIFORM, JERSEY & WARM UP WEAR

On top of the above fees you will need to purchase additional items, approximate costs:

Team Uniform: \$410. Boys Uniform: TBD

Team Jersey: \$95

Additional expenses can include: Cheer shoes cost (varies \$50-\$200) Need to be white running shoe.

Practice wear is also available and will be sized with uniforms, set #1 – Black with capris' \$110, or Black with shorts \$105, Set #2

Lime Green \$100.00, Set #3 Purple \$90.00, and all have PACE logos.

Parents are solely responsible for all costs incurred as a member of PACE including, but not limited to: registration, season costs, insurance, team apparel, uniforms, competition and travel expenses, regardless of circumstances that may arise including athlete dismissal.

Season cost does not change based on the number/duration of practices in a given month. Vacations or time off will not be pro-rated.

IMPORTANT DATES

September 18/2024 – Uniform/Jacket/Practice Gear sizing and all clothing fees due.

Sept 27 – Sept 29th - Cheer camp will be held in September (All teams). This is a professionally choreographed routine done by Jesse Marshall. It is a **mandatory** weekend, if the athlete cannot be present for the whole weekend; there is no reason to commit to P.A.C.E. All-Star Cheerleading.

All teams will be working on skills/tumbling/jumps during this weekend.

The hours of camp are as follows:

Friday Sept 27th – TBA, Saturday Sept 28th – TBA, Sunday Sept 29th - TBA

Meals can be brought to your athlete at the designated times.

December 18th, 2024 - P.A.C.E. Christmas Party

April 2025 - The 15th annual Explosion Windup & Awards night

GYM CLOSURE DATES

The gym is closed during the following dates and no regular practices will be held.

Labor Day – September 2nd

Thanksgiving – October 14th

Remembrance Day – November 11th

Christmas Break – December 23rd – January 6th, 2025

February Break – February 17th – 21st, 2025

POLICIES

ATTENDANCE POLICY

All team practices/tumbling are **mandatory**. If your athlete is sick or injured, they are expected to be at all practices learning from the side (within reason). If an athlete becomes suddenly ill, a phone call or text is required to be made **PRIOR** to practice so coaches can make adjustments to their lesson plan. Coach Sandra's cell phone is 306-425-7446.

We are enforcing a 3-strike rule when practices are missed for inexcusable reason. Athletes can be placed on probation, removed from a stunt group or from the routine entirely. Excused absences for practices are, for example a death in the family, sick with a contagious illness (accompanied with a verifiable Doctor's note), and family vacation (1 month written notice). Examples of unacceptable excuses for missing practice are being sick and not contagious as per the appropriate and verifiable medical note where the athlete can still watch and not participate, transportation issues, parties, work, homework, etc.

Athletes must come prepared for practice and arrive on time. This means being ready to go at practice time, not just attending and taking 10-15 minutes getting dressed and putting shoes on.

At P.A.C.E. school is an athlete's top priority. That being said, we also encourage athletes to understand and appreciate that they are expected to manage their after-school time effectively so that they can make the best use of their time.

Missing cheerleading for homework is **NOT** an acceptable excuse and will negatively impact the athlete's attendance record.

Consequences for missing practices for inexcusable reasons may jeopardize their place on the team and in the routine. If your family is planning a vacation, we ask you to inform Coach Sandra immediately as your athlete's absence from a practice directly affects the entire team's ability to train effectively. Please read over the 2023/2024 competition schedule thoroughly and take into consideration the competition dates.

COMMUNICATION POLICY

Please keep updated with the goings on with P.A.C.E., emails & Snapchat team groups go out to parents throughout the year, please be sure to provide P.A.C.E. your email address/cell phone number with registration. We also encourage you to follow us on the PACE All-Star Cheerleading Face Book page & @pacecheerleading on Instagram. Please allow 24-48 hours for a reply from Facebook messages or Instagram DM's.

Coach's email is: coach@pacecheerleading.com

DRESS CODE POLICY

Participants are expected to wear proper active wear and appropriate footwear for every practice. Street clothes are not allowed.

Long hair must be tied back in a ponytail and all jewelry must be **removed** except for medical alert bracelets.

Athletes are required to wear their P.A.C.E. uniforms when representing P.A.C.E. at competitions, Warm up gear at fundraisers and events.

Athletes/Parents/Guardians must use their apparel/uniforms in a respectful manner and refrain from posting inappropriate pictures/videos of themselves on any and all social media outlets such as Facebook, Twitter, Instagram, Snap Chat, TikTok etc.

Any infractions will warrant immediate removal from the team.

Athletes/Parents/Guardians shall not post routines or any video shot within the gym or at a competition on the internet (e.g. YouTube, Instagram, Snap Chat, TikTok or Face book) before the competition or other event has occurred.

EXTERNAL POLICIES

Participants are expected to adhere to all Saskatchewan Cheerleading Association policies.

FIT FOR PARTICIPATION/SUBSTANCE POLICY

All athletes, coaches, volunteers and chaperones must ensure they are fit for participation for all practices, competitions and events. As such, all athletes and coaches will refrain from the use of illegal substance at all times and will only use legal substance in a legal and responsible manner. Alcohol/substance will not be permitted prior or during competitions or practices, in the presence of minors, or while traveling to/from competitions. Remember that both legal and illegal substances can impact your ability to safely participate, putting your fellow athlete and coaches at risk. Any person found in violation of this policy will be sent home immediately at their own expense and risk removal from the club.

HARASSMENT & BULLYING POLICY

PACE All-Star Cheerleading has zero tolerance for bullying and/or harassment, in person or online. This includes offensive or derogatory comments and/or the poor treatment of other participants, coaches, parents, or spectators both within and outside of the club. This type of unacceptable behaviors also defined in the Saskatchewan Cheerleading Association's Athlete Code of Conduct. Failure to comply with these policies will result in the movement of the participant to an alternate position, or removal from the team or club as deemed by PACE Leadership.

INJURY & ILLNESS POLICY

Participants who sustain an injury that affects their ability to participate, must provide a formal note from a doctor or physiotherapist which explains the injury and include a date in which they can resume participation. Participants have an obligation to attend practices and full participate in all activities unless they are ill AND actively contagious and have an accompanying doctor's note.

FOOD & DRINK POLICY

All food and drink must be kept in tightly sealed containers with participants personal belongings. **PACE is a nut-free facility; no nuts of any kind are permitted.** Food and/or drink is not permitted on the floor/mats with the exception of water contained in tightly sealed water bottles.

LATE FEE/REFUND POLICY LATE FEES

All monthly fees that are unpaid by the 5th of the month will incur a \$25 late penalty. Fees outstanding on the 5th of the month result in athlete being required to sit out at practice and may impact their participation at upcoming competitions. Athletes will not be given their competitive uniform until all outstanding uniform and tuition fees are paid in full. All NSF payment will be subject to a \$50 charge. Athletes will not be permitted on travelling trips until season is paid in full.

REFUND POLICY

All fees are non-refundable. If wishing to discontinue training/classes at PACE, and all outstanding fees including uniform, tuition, travel and so on **MUST** be paid to the gym in full as per the payment schedule and the date of

discontinuing. Initial deposit, administration fee, Uniform and clothing fees are non-refundable and may not be used as credit towards outstanding tuition payments.

CANCELLATION/DISCONTINUATION POLICY

Any athlete who decides to discontinue training with PACE after choreography, both competitive and Novice/Prep athletes, will be subject to a \$200 cancellation fee.

SOCIAL MEDIA POLICY

All PACE participants (and family members) must conduct themselves positively and professionally on social media. This includes positive and professional representation and discussion of the Club. Remember you are LEADERS and must set a positive example to others.

SPORTSMANSHIP POLICY

All PACE participants (and family members) must demonstrate exemplary sportsmanship and respect for all others, including all fellow athletes, coaches, owners, parents, officials, spectators, and event staff both from PACE All-Star Cheerleading and other clubs/teams. Offensive comments or language, whether intentionally hurtful or not, are unacceptable. Participants must display and project a favorable image of the club and the sports of Cheerleading, Dance & Tumbling. Participants must contribute to a safe environment for positive learning, development, fitness and competition for all athletes and coaches.

COMPETITION & TRAVEL POLICY

Competitions are 100% mandatory. This means that the athlete must be present right up to and through the awards ceremony. Athletes/families are responsible for all travel within Saskatchewan/Alberta/Out of Country. These travel costs are **NOT** included in the annual tuition fees.

All athletes must attend on time, and in proper competition attire (as determined by the coach)

Competition commitments include those activities prior to, during and following the actual competitions; all athletes are required to attend.

All earrings & piercings **MUST** be taken out for competitions. **Please keep this in mind PRIOR to getting body piercings. Out of Country**

PACE athletes are expected to travel together as a team for all out of country competitions. Prior to team travel competitions, detailed information will be provided. These travel/accommodation costs are **NOT** included in the annual tuition fees.

TRAVEL COSTS

If you do not intend to make the financial commitment associated with the travelling team, do **NOT** register for our competitive All-Star teams because they are travelling teams. Travelling is **MANDATORY** commitment for our team. Please read over the 2024/2025 competition schedule to determine if you are committing to our team or not.

ADDITIONAL PACE INFORMATION CLUB APPAREL

Acceptable attire for practices is "cheer" apparel. Proper white cheerleading shoes, shorts and t-shirt. P.A.C.E. tank tops or sports bras are also acceptable.

The purchase of our P.A.C.E. gear can be done at our order nights during the year. Uniforms are usually ordered middle of September, along with Jerseys and practice gear. All athletes are required to purchase a uniform package: body liner or top (boys), skirt or pants (boys), bow and white shoes. You are required to wear proper cheerleading shoes at **ALL** practices and competitions. If you already have club gear, you do not need to re-purchase unless you would like updated merchandise.

Our brand new uniforms/jerseys design are on year 1 of a 3-4-year cycle. Our uniforms may not be sold externally to any person or group such as costume companies and/or school. Our logo is copy written and the use of it must be requested through management.

PAYMENTS

We accept credit card (fees charged), e-transfers and cash for registration season fees, season costs, uniforms, jerseys and warm up clothes. All uniform and PACE clothing must be paid prior to order being placed. Once shoes, uniforms, jerseys and warm-up clothes are ordered, they are **NON-REFUNDABLE**.

FUNDRAISING

The fundraisers are used to pay for competition, registration fees for Saskatchewan/Out of Province competitions OR travel once all other fees have been covered. Start date for fundraiser is as follows:

31 Gifts Fundraiser – September 2024

Cheer-A-Thon – October 2024

Poinsettia/Christmas arrangements – November 2024

Mom's Pantry Online – December 2024

Chuck A Puck Night – Raider Games - TBA

If you over fundraise and do not use the monies fundraised, they will go towards team expenses, no monies will be refunded.

RULES & REGULATIONS

Only registered athletes are permitted in the training area.

Cell phones must be in silent mode during practice times and may not be checked during practice time.

PACE is not responsible for the theft or loss of personal items.

Spectators are not permitted on the training surfaces. This will be strictly enforced as it causes distractions to our athletes and our coaches.

PACE coaches and volunteers, staff and management must be respected and will not tolerate being challenged by athletes and/or parents. If you are unhappy, please schedule a time to speak with them in private so that a calm atmosphere can assist in resolving the issue for both parties. Failure to comply may result in immediate dismissal from the facility and/or program.

Members will be on time to all activities!

Removing or adding athletes to a team at any point in the season is done at the coach's discretion based on the following criteria: attendance, conduct, skills, and finances.

Colds and flu are part of Canadian winters; athletes are expected to attend competitions, even in their worst condition. Modifications to the routine will be made to assist the ill athlete. Athletes who do not attend jeopardize the success of the entire team. Their roles in the routine will be filled, and a doctor's note will be needed to return training with the team. This is grounds for removal from the program.

Parents must be respectful to all PACE staff members. Any parent who cannot maintain a positive attitude while in our gym will be prohibited from entering the facility.

PACE reserves the right to cancel any and all travel arrangements that are not paid for in full by the fee due dates.



P.A.C.E. All-Star Cheerleading WAIVER MEDICAL TREATMENT AUTHORIZATION, MEDIA CONSENT AND LIABILITY RELEASE

I, the undersigned parent or guardian, do hereby grant permission for my daughter/son, whose name is _____, and hereafter shall be referred to as 'participant', to participate in the activities run by P.A.C.E. All-Star Cheerleading Inc. and its associated events.

DISCLAIMER CLAUSE

P.A.C.E. All-Star Cheerleading, their Directors, Agents, contractors, employees, coaches/instructors, trainers, volunteers, members and representatives (all hereafter collectively referred to as 'P.A.C.E.'), are not responsible for any injury, loss or damage of any kind sustained by any person while registered as an P.A.C.E. member and participating in any and all P.A.C.E. sanctioned activities, events, practice sessions or social activities (all hereafter referred to as 'P.A.C.E. Activities'), including injury, death, loss or damage.

DESCRIPTION OF RISKS

In consideration of my child's membership and/or participation in P.A.C.E. Activities, I acknowledge that I am aware of the possible **risks, dangers and hazards** associated with being a member, including the possible risk or severe or fatal injury to myself/my child or others. These risks **include but are not limited to:**

All manner of injuries resulting in muscular injuries and soft tissue injuries including bruises, scrapes, cuts etc., from executing strenuous and demanding physical techniques, collisions with walls, floor, ceiling and contact with other participants and failure in proper execution of techniques either by myself/my child or other participants;

All manner of injuries resulting in sprains, dislocations, concussion, broken bones, hematomas, whiplash, contusions, pulled or strained muscles, torn ligaments, muscles and tendons, joint strain and sprain, and bruising to the tail bone, wrists, legs, arms, back, neck and injuries to the gluteus maximus, pulled groin muscle, and heart attack/stroke; head, facial, eye and/or dental injuries;

All manner of spine or spinal cord injuries which may render me permanently paralyzed;

All manner of injuries, sever or fatal, resulting cuts, tears, bruises or punctures caused by shoes, finger nails, jewelry, hair accessories or props either from myself/my child or another cheerleader;

Transmission of disease or skin disease in various ways and types from contact with other participants resulting in death, disease or other illnesses;

All manner of medical problems resulting from heat exhaustion, asthma, communicable diseases, skin rashes, and cramps;

All manner of internal injuries of body parts and organs, and trauma to larynx or pharynx;

That my/my child's risk of injury increases and I/my child become fatigued, experience pain, frustration and/or performance anxiety;

All manner of injuries and/or death that may result from transportation (all modes or types) used to and from P.A.C.E. Activities.

Initials: _____

In consideration of P.A.C.E. allowing me/my child membership and participation in P.A.C.E. Activities, I agree as follows:

TO WAIVE ANY AND ALL CLAIMS that I/my child have or may have in the future against P.A.C.E., their directors, agents, contractors, employees, coaches/instructors, trainers, volunteers, members and representatives as a result of my membership and/or participation in P.A.C.E. Activities;

TO RELEASE THE CLUB from any and all liability above and beyond the provided coverage, from any loss, damage, injury or expense that I may suffer, or that my next of kin may suffer as a result of my membership and/or participation in P.A.C.E. Activities due to any cause whatsoever, including Negligence, Breach of Contract;

TO HOLD HARMLESS AND INDEMNIFY P.A.C.E. from any and all liability for any damage to the property of, or personal injury to, any third party, resulting from my membership and/or participation in P.A.C.E. Activities;

TO HOLD HARMLESS AND INDEMNIFY P.A.C.E. in connection with the services and/or incidents/accidents of any train, vessel, carriage, aircraft, bus, privately owned or rented motor vehicle or other conveyance, which may be used during my/my child's membership and/or participation in P.A.C.E.;

TO HOLD HARMLESS AND INDEMNIFY P.A.C.E. for any cancellation, injury, loss accident or delay occasioned by the proprietor, employee or service of any accommodation which may be used during my/my child's membership and/or participation in P.A.C.E.;

TO FOLLOW all instructions and rules given by those responsible for or in charge of any P.A.C.E. Activities while I am/my child is a member and/or participating in P.A.C.E. Activities, I am aware that the rules are in place to provide a safe environment for the entire memberships; and

TO ACKNOWLEDGE and UNDERSTAND that cheerleading and tumbling requires the Coach to perform manual spotting, which involves direct physical contact and is designed to assist the participant in the safe performance of the program skills.

TO UNDERSTAND that in case of emergency I will be contacted as soon as possible. All expenses in case of emergency will be assumed by me or my insurance carrier.

Initials: _____

Protection of Personal Privacy: By signing below, I consent to having the information in this document collected and safeguarded by P.A.C.E. to the best of its abilities.

Media/Appearance Clause: Permission is granted to use my daughter's/son's picture or image in any or all future advertisements, broadcasting, web site and marketing literature or promotional videos for P.A.C.E. and/or and events sponsored and conducted by them. I hereby waive any right to compensation or any claim of ownership thereto.

I have read and agree to the above Medical Release, Waiver and Media Clause.

I have read the Contract, Participant Responsibilities and Policies, and agree to abide by these policies.

Participant Signature: _____ Date: _____

If participant is less than 18 years of age:

Signature of Parent/Guardian: _____ Date: _____

**Please initial here to share your contact information with other parents* YES _____ NO _____ *