



# Cheer Team Information Package 2023/24

Sep 12, 2023

Welcome! We are so excited to offer cheerleading at Coalbanks Elementary again this year. We can't wait to train and inspire cheerleaders in the scholastic program. In this information package you will find pertinent information for the year ahead, as well as some important policies. *We want to ensure each family clearly understands and accepts all obligations, expectations and requirements of the cheerleading program prior to registering..*

**Program Director:** Samantha Paradee; 403-328-3990; email: [admin@peakelitecheerleading.ca](mailto:admin@peakelitecheerleading.ca)

**Teacher Advisor:** Joey Gentile; email: [joey.gentile@lethsd.ab.ca](mailto:joey.gentile@lethsd.ab.ca)

**Program Admin:** Kandy Paradee; 403-328-3990; email: [admin@peakelitecheerleading.ca](mailto:admin@peakelitecheerleading.ca)

**Teams and Coaches:**

**SLITHER** - (Grade 1-3) Primary Novice

**VENOM** - (Grades 3-5) Elementary Novice

**Coaches** for both teams: Alissa Van Diemen & Samantha Grant

**Mandatory Practice Times and Schedule** - October 2, 2023 - Mid-April 2024\*

**Slither- Grade 1 & 2 (+some 3): Mondays 3:45-5:15**

**Venom- Grades 3-5: Wednesdays 3:45-5:15**

**First practices will commence October 2nd and 4th in the school gymnasium, "The Nest".** Athletes should wear athletic clothing and clean gym runners with hair pulled back and all jewelry **must** be removed. Athletes need to make the transition from school to sport quickly. Coaches can assist somewhat and help athletes learn to do this independently.

Regular scheduled practices will be held at Coalbanks. There will be days where those practice times will be affected by holidays or the gym being used for other things- when that occurs, the practice will be scheduled on a **Friday afterschool 1:30-3:30**. See the calendar below of the schedule for October-December. We will provide another calendar later in the season with the specifics for Jan-April. \*End date of the season to be determined based on competition/provincials schedule.

Program Director/Coach Samantha Paradee owns Peak Elite Cheerleading, an All Star Cheerleading facility and due to both the time management of our volunteer coaches and the opportunities that practicing in a fully equipped facility provides; the Coalbanks cheer team will spend time practicing both in the gym at Coalbanks and offsite at Peak Elite Cheerleading. Any practice times that are held at Peak Elite Cheerleading will be communicated in advance. Athletes' families will need to arrange their own transportation to Peak Elite Cheerleading (2920 18th Ave. N)

***Cobra teams' training days for Oct-Dec \*\*November 4 & 18 at PEAK ELITE***

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Slither 3:30-5:30	2	3 Venom 3:30-5:30	4	5 Venom 1:30-3:30	6
7	8	9	10	11 Venom 3:30-5:30	12	13 Slither 1:30-3:30
14	15 Slither 3:30-5:30	16	17 Venom 3:30-5:30	18	19 Venom 1:30-3:30	20
21	22 Slither 3:30-5:30	23	24	25	26	27
28	29	30	31			

November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Venom 3:30-5:30	2	3 Slither 1:30-3:30	Practice @ PEAK ELITE
4	5 Slither 3:30-5:30	6	7	8	9	10
11	12	13	14 Venom 3:30-5:30	15	16 Slither 1:30-3:30	Practice @ PEAK ELITE
17	18 Slither 3:30-5:30	19	20 Venom 3:30-5:30	21	22 SNEAK PEAK	23
24	25	26	27	28	29	30
31						

December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Slither 3:30-5:30	4	5 Venom 3:30-5:30	6	7	8
9	10	11	12	13	14	15
16	17 Slither 3:30-5:30	18	19 Venom 3:30-5:30	20	21	22
23	24	25	26	27	28	29
30	31					

There will be a mandatory parent meeting on **Sunday, October 1 at 1pm via Zoom**.

[Zoom Meeting link](#): (Meeting ID: 865 6936 4643, Passcode: iFV3Pi ) At this meeting, we will outline the program, the expectations and can answer questions you may have. If you have any pressing concerns, please email [admin@peakelitecheerleading.ca](mailto:admin@peakelitecheerleading.ca)

### **Mandatory Performance & Competition Dates**

- All competitions and performances are listed below; we are waiting on details for ACA Provincials.
- 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.
- Athletes will have the opportunity to perform their routine prior to competitions at our Peak Elite Cheerleading Showcase.

Event	Comp. Date	Location
Peak Elite Cheerleading Showcase	Nov 24	Enmax Centre, Lethbridge
Imagine Cheer & Dance Championships	Feb 3	Winsport (COP), Calgary
Stampede City Showdown	March 23	Mount Royal University, Calgary
Rise Up or ACA Provincial Championships	March/April	TBA - Max distance : Edmonton

### **Attendance Policy**

- If an athlete is scheduled to miss multiple practices during Oct-Apr, that athlete is **not eligible** for participation in the cheerleading program. Absences will result in athletes being placed in new positions, choreography, stunts and/or formations. 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.
- Attendance at Performances and Competitions is mandatory! We respectfully request that families do not take holidays during our competitive months of October through April, with the exception of Christmas break and Reading week.
- If you will be absent from a practice, the program director and coach must be contacted directly or emailed. Please use the [admin@peakelitecheerleading.ca](mailto:admin@peakelitecheerleading.ca) email and include the word cobra or Coalbanks in the subject line. We will be utilizing the texting app, WhatsApp to communicate with our cheer teams this year, as well as Email! WhatsApp will enable you to direct message your coaches with absence notifications and questions. See more details below, in [communications](#).

### **Financial Commitment**

- The entire program including competition fees, practice gear and competition gear is \$465.00. All transactions are through School Cash Online. Fees will be broken into 3 payments of \$155 each; due Sept 20, Oct 20 and Nov 20.
- *Cheerleading shoes are not included in registration fees.* Cheerleading shoes will need to be purchased by families; shoes must be completely white cheerleading shoes. Nike free, converse, vans style shoes and aggressive treads are NOT permitted as competition footwear. Shoes can be purchased through many locations online. You may also purchase shoes at Peak Elite Cheerleading or through our [Peak Elite Cheerleading Swap and Buy](#) on Facebook! Click on the link and ask to join!
- *Tumbling is recommended, but not mandatory* for Coalbanks athletes. During our short practices we focus on routine creation and often tumbling gets a very small amount of attention. Tumbling is important in cheerleading and will continue to be as your athlete grows within the school cheerleading program or joins an All Star program in the future. Athletes can choose a weekly class, clinics or semi-private lessons at Peak Elite Cheerleading throughout the year.

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

We will go above and beyond to assist and ensure every athlete can participate in this program should there be any financial barriers.

Please apply for any and all subsidies immediately to avoid any disruption in your athletes participation in the program. Subsidies can be applied to cover cheer registration fees at Coalbanks and can also be applied to cheer programming at Peak Elite Cheerleading for tumbling, clinics, private lessons, etc. The first program payment (Sept 20th) must be made on time to remain in the cheerleading program. If applying for subsidy, ensure you apply under COALBANKS ELEMENTARY for the school cheerleading program and PEAK ELITE CHEERLEADING for tumbling programming. We love being able to provide an affordable program for ALL athletes regardless of the ever growing socio-economic constraints being placed upon Canadians. Follow the links to apply: [Kidsport](#), [Jumpstart](#), [City of Lethbridge](#)

**Athlete Accountability:** The cheerleading program aims to develop internally motivated, strong and independent young women and men. Parent communication will be initiated when athletes are late to practice (hustle from class!), exhibit poor attitudes, disrespect coaching staff, teammates or officials, do not participate to their full capabilities, do not apply corrections/practice at home, or say "I can't"/self-deprecate. We hold every athlete accountable no matter the age. Our coaching staff love being positive allies and role models for a happy and healthy sporting environment.

### **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. Coach Alissa and Coach Sam G will not take meetings to discuss an athletes position. Cheerleading is one of the most inclusive sports and every position on a team is valuable. Coaches make all decisions to the benefit of the team, not the individual. 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.

### **Communication**

We take pride in keeping families as informed as far in advance as possible. Communication will be through **Email**. The program director and administrator will send regular emails that will outline upcoming events, deadlines, etc., and any other important information. Please ensure your email address is kept current.. When the rosters are created, families will be added into Jackrabbit (this is the Peak Elite Cheerleading version of School Cash Online) to allow for easy communication and the ability to email newsletters. Please watch for the "Bite" to update you on all things school cheer and "Snow Conditions" to update you on all things Peak Elite Cheerleading.

Our new **WhatsApp** team groups will be very useful and necessary to stay on top of the communication as well. Your coaches will send out updates, reminders and practice videos through WhatsApp. This is also how you can direct message questions and illness/absence notifications. Please download the app if you don't already use it and set up a quick profile. We will be sending invitations to join team groups once the roster is created. [Link: WhatsApp](#)

We are looking forward to the 2023-24 Cheerleading Season!

**Ready to commit to a Cobras team?** Fill out the [Registration form](#)

**\*\*Registration Deadline: September 18\*\***