

CHEER UNITED

2020-2021 REGISTRATION PACKAGE

GYM LOCATION

WELLAND CENTENNIAL
SECONDARY SCHOOL
240 THOROLD RD,
WELLAND, ON



UNITED AS A FAMILY

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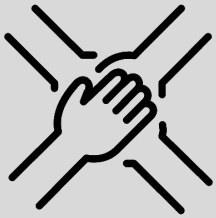
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WHY CHOOSE US?

WHO WE ARE

Cheer United is a cheerleading program offered in Welland, Ontario. Owners Brittany Blasioli and Nikki Napper are Welland residents who feel passionately about bringing a strong cheer program to the area.

Cheer United offers a safe environment for athletes to learn, bond, and grow. Cheerleading is an interactive sport that involves dance, gymnastics, and acrobatics. At Cheer United, we engage our athletes to improve social skills, confidence, accountability and teamwork strategies. The skills acquired at Cheer United are transferrable into school and social settings.



TEAMWORK

Teamwork is a key component of cheerleading, with a strong element of trust. Teamwork makes the dream work!



CONFIDENCE

One of the many values of our gym is to transmit confidence to our athletes. We believe in the power of empowerment.



FRIENDSHIPS

The friendships you make through cheerleading are friendships that last a lifetime. Our gym's founders are proof of that!



FUN!

We love seeing our athletes working hard, but more importantly, we love seeing them have fun and feel passionate about the sport!



WHAT IS CHEERLEADING?

Cheerleading has come a long way as a sport from its days of pompoms and yelling from the sidelines. Cheerleading is a team-based sport that is made up of stunting (lifting a teammate in the air), pyramids, basket tosses (throws), tumbling, jumps and dance. Competitive cheerleading involves performing a high-energy, two and a half minute routine at competitions in front of a panel of judges. The sport combines elements of flexibility, strength, endurance, acrobatics, balance, and fitness, in a positive and fun team environment.



OUR PROGRAMS

REC

Recreation programs offer a cheaper option to those athletes who are wanting to participate in this amazing sport. The recreation program is a low-commitment team that practices one day per week. This team does not attend competitions. Since there is no uniform, clothing package, or competition fees, the price of this program is much cheaper. Practices for the recreation program will be on Saturday mornings in the summer, and on a weekday evening in the fall/winter. This program is subject to change based on enrollment.

PREP

Prep programs also only practice one day per week, but this program exposes the athletes to the exciting experience of competition. These teams will attend 3 competitions over the season. The practices for these teams are on Saturday mornings in Gym C at Centennial Secondary School. Athletes in our prep program are encouraged to sign up for our tumbling classes. Prep programs begin in September, so athletes will participate in the Rec Summer Program until then so that they can prepare and refine their skills.

OPEN

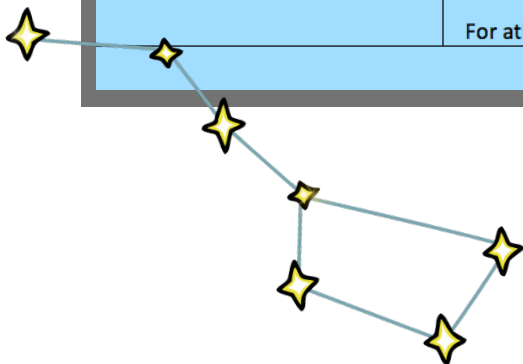
Athletes in the Open Program also practice one day per week. This program is available for athletes ages 15 & up. This team offers a fun atmosphere where we focus on learning new stunts and routine building. This team practices one weeknight each week. We attend 3 competitions with this competitive team.

TINY CHEER: LITTLE DIPPERS

The Little Dippers are our “Tiny” age group. At practices the athletes focus on learning dance, cheers, jumps and stunts. We spend a large portion of the practice rotating through our tumbling circuits. We have many mats, incline wedge, blocks, octagons, and other equipment that they rotate through. Here, they practice front rolls, cartwheels, back bends/bridges, handstands and more. Our practices focus on teamwork, interactive play, skill building, and choreography introduction. It is a fun, safe space to fall in love with a sport while exerting tons of energy!



Age Range	3-6 years old		
Division	Recreation		
Practice Day	Saturday Mornings		
Practice Time	9:15am - 10:15am		
Practice Location	Gym C @ Centennial		
Program Duration	Summer Program June 6 th – Aug 22 nd	Fall/Winter Program Sept 12 th – Jan 30 th	Winter/Spring Program Feb 6 th – May 8 th
Total # of months	3	5	3
Competition	NO	YES - Winterfest @ Meridian Centre on Jan 30 th <i>Fee included in price.</i>	NO
Fee (tax not incl.)	\$165*	\$320*	\$180*
Payment Plan Option	2 Equal payments of \$85* Due Jun 6 th , July 11 th	5 Equal payments of \$65* Due Sept 12 th , Oct 1 st , Nov 1 st , Dec 1 st , Jan 1 st	3 Equal payments of \$60* Due Feb 4 th , Mar 1 st , April 1 st
Clothing package	1x fee of \$20* for T-shirt & Bow. (Please note- this is an additional fee that is not included in Fee/payment plan option) For athletes participating in Fall/Winter Program, there will be an additional fee for competition shorts. *Prices do not include HST		



RECREATION CHEER

YOUTH

Age Range	7-9 years old		
Division	Recreation		
Program Duration	Summer Program June 6 th – Aug 22 nd	Fall/Winter Program Sept 10 th – Jan 28 th	Winter/Spring Program Feb 4 th – May 6 th
Total # of months	3	5	3
Practice Day	Saturday Mornings	Thursday Evenings (Subject to change)	Thursday Evenings (Subject to change)
Practice Times	10:15-11:30am	6pm-7pm	6pm-7pm
Practice Location	Gym C	Weight Room	Weight Room
Competition	NO	NO	NO
Tuition Fee	\$180*	\$285*	\$210*
Payment Plan Option	2 Equal payments of \$90* Due Jun 6 th , July 11 th	5 Equal payments of \$60* Due Sept 1 st , Oct 1 st , Nov 1 st , Dec 1 st , Jan 1 st	3 Equal payments of \$70* Due Feb 4 th , Mar 1 st , April 1 st
Clothing package	1x fee of \$20* for T-Shirt & Bow (Please note- this additional fee is not included in fee/payment plan option)		
*Prices do not include HST			

JUNIOR

Age Range	10-14 years old		
Division	Recreation		
Program Duration	Summer Program June 6 th – Aug 22 nd	Fall/Winter Program Sept 10 th – Jan 28 th	Winter/Spring Program Feb 4 th – May 6 th
Total # of Months	3	5	3
Practice Day	Saturday Mornings	Thursday Evenings (Subject to change)	Thursday Evenings (Subject to change)
Practice Times	11:30am - 12:45pm	7pm - 8pm	7pm - 8pm
Practice Location	Gym C	Weight Room	Weight Room
Competition	NO	NO	NO
Fee (tax not incl.)	\$180*	\$285*	\$210*
Payment Plan Option	2 Equal payments of \$90* Due Jun 6 th , July 11 th	5 Equal payments of \$60* Due Sept 10 th , Oct 1 st , Nov 1 st , Dec 1 st , Jan 1 st	3 Equal payments of \$70* Due Feb 4 th , Mar 1 st , April 1 st
Clothing Package	1x fee of \$20* for T-Shirt & Bow (Please note- this additional fee is not included in fee/payment plan option)		
*Prices do not include HST			

PREP CHEER

CHEER
UNITED

YOUTH - COSMIC RAYS

Our PREP programs run from September to May. Athletes interested in this competitive team will work on skills in the Rec Cheer Summer program on Saturday Mornings to prepare for the competition season. Please refer to Page 4 for Summer Program information. Registration day for the Prep Program will be August 22nd from 10am-12pm at Welland Centennial Secondary School.



Age Range	7-9 years old
Division	Prep
Program Duration	September 12 th to May 8 th
Total # of months	8
Practice Day	Saturday Mornings
Practice Times	10:15-11:45am <i>Times subject to change</i>
Practice Location	Gym C
Competition	YES. 3 competition dates TBD
One time Registration Fee	\$135* (Price includes clothing package) Fee due August 22 nd , 2020
Uniform & Make Up Fee N/A if purchased last year	\$225* Fee due September 26 th , 2020
Competition Fee	\$150* Fee due October 24 th , 2020
Tuition Fee total (for the 8 months)	\$585*
Monthly Payment Option (8 equal payments)	\$75/month* Sept 12, Oct 1, Nov 1, Dec 1, Jan 1, Feb 1, Mar 1, Apr 1. (Does NOT include registration, competition, or uniform fees. See chart for due dates for these additional fees)
*Prices do not include HST	

PREP CHEER

CHEER
UNITED

JUNIOR - MOONLIGHT

Our PREP programs run from September to May. Athletes interested in this competitive team will work on skills in the Rec Cheer Summer program on Saturday Mornings to prepare for the competition season. Please refer to Page 4 for Summer Program information. Registration day for the Prep Program will be August 22nd from 10am-12pm at Welland Centennial Secondary School.



Age Range	10-14 years old
Division	Prep
Program Duration	September 12 th to May 8 th
Total # of months	8
Practice Day	Saturday Mornings
Practice Times	11:30am-1:00pm <i>Times subject to change</i>
Practice Location	Gym C
Competition	YES. 3 competition dates TBD
One time Registration Fee	\$135* (Price includes clothing package) Fee due August 22 nd , 2020
Uniform & Make Up Fee N/A if purchased last year	\$225* Fee due September 26 th , 2020
Competition Fee	\$150* Fee due October 24 th , 2020
Tuition Fee total (for the 8 months)	\$585*
Monthly Payment Option (8 equal payments)	\$75/month* Sept 12, Oct 1, Nov 1, Dec 1, Jan 1, Feb 1, Mar 1, Apr 1. (Does NOT include registration, competition, or uniform fees. See chart for due dates for these additional fees)
*Prices do not include HST	

OPEN CHEER - ECLIPSE

Age Range	15 & up
Division	Competitive
Program Duration	June 2 nd to May 4 th
Total # of months	11
Practice Day	Tuesday Evenings <i>Dates subject to change</i>
Practice Times	5:00pm - 6:15pm <i>Times subject to change</i>
Practice Location	Weight Room
Competition	YES. 3 competition dates TBD
One time Registration Fee	\$75* Fee due June 2 nd , 2020
Competition Fee	\$175* Fee due October 24 th , 2020
Uniform & Make Up Fee N/A if purchased last year	\$225* Fee due September 26 th , 2020
Tuition Fee (for entire 11 months)	\$735*
Monthly Payment Option	11 equal payments of \$70* Due Jun 2 nd , Jul 1 st , Aug 1 st , Sept 1 st , Oct 1 st , Nov 1 st , Dec 1 st , Jan 1 st , Feb 1 st , Mar 1 st , Apr 1 st (Does NOT include registration, competition, or uniform fees. See chart for due dates for these additional fees)
Clothing Package	Optional available for purchase. Fee TBD.
*Prices do not include HST	



TUMBLING PROGRAM

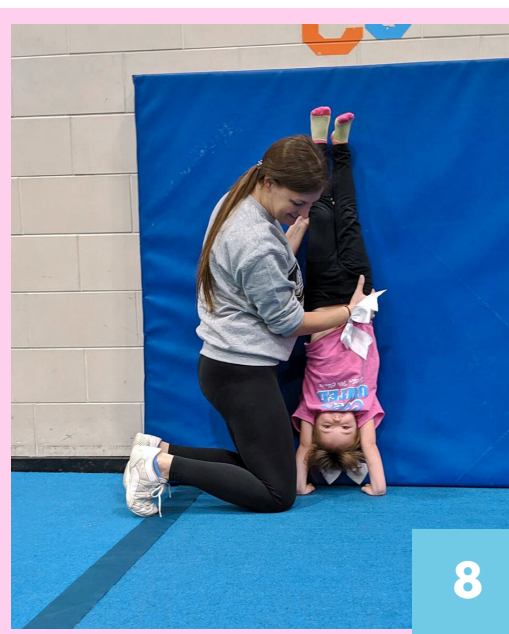
ZERO GRAVITY TUMBLING

At Cheer United we offer a tumbling program for internal athletes enrolled in our cheer program, and for external athletes looking for some tumbling experience. Our tumbling practice focuses on flexibility, strength training, and developing new skills at a safe pace.

We have a wide range of equipment that allows our athletes to progress their skill appropriately. We have drills for athletes of all skill levels. Depending on athlete experience, skills that will be practiced include front rolls, cartwheels, back walkovers, handsprings, and tucks. Athletes are encouraged to progress their skills at a safe but swift pace.



Age Range	5 years old & up		
Division	Tumbling		
Practice Day	Tuesday Evenings (Subject to change)		
Practice Location	Weight Room		
Practice Times	6:15pm - 7:15pm Subject to change	6pm-7pm OR 7pm-8pm Subject to change based on enrollment	
Program Duration	June 2 nd -Aug 18 th	Sept 8 th -Jan 26 th	Feb 2 nd – May 4 th
Total # of practices	12	19	14
Fee (tax not incl.)	\$180*	\$285*	\$210*
Payment Plan Option	3 equal payments of \$60* Due June 2 nd , June 30 th , July 28 th	5 equal payments of \$60* Due Sept 8 th , Oct 1 st , Nov 1 st , Dec 1 st , Jan 1 st	3 equal payments of \$70* Due Feb 2 nd , Mar 1 st , Apr 1 st
Clothing Package	Optional Clothing Package available for purchase		
*Prices do not include HST			



PRACTICE INFORMATION

LOCATION

All programs are offered at Welland Centennial Secondary School (240 Thorold Road, Welland). For all practices you must enter through the back parking lot located off of Centennial Drive. You can enter through the main back doors. Practices will either be in the Gymnasium on the main floor or in the Weight Room on the second floor. We will have signs upon entry through the back entrance to help you locate your practice location.

PRACTICE PROCEDURE

Our practices are closed practices, so we ask that parents do not sit in the gym during practice time. Parents are welcome to stay in the school during practice hours, but we ask that you please stay in the hallway during practice. We are able to hold the attention of the athletes much more effectively without the parents in the gym. We do have a window that parents are able to peak through to watch progress. Most parents drop off and their athlete(s) and pick them up at the end of practice.

WHAT TO BRING

We have a Registration Form and two Waivers that need to be signed prior to first practice. Following that, the only thing your athlete needs to bring to practice is a water bottle, indoor running shoes and be dressed in athletic wear.



UNIFORM FEE

For athletes who are on a Prep or Competitive Team, there is a mandatory uniform purchase. This fee is \$199 plus HST. The same uniform will be used for the 2020, 2021, and 2022 seasons so this cost will be eliminated if you already purchased a uniform last season. Every athlete on these teams must also purchase an all-white sneaker for competition. We do not order a team-set of these shoes, so we encourage athletes to start searching for a white running shoes ASAP. *REC athletes do not require an all-white shoe.



PAYMENT OPTIONS & LATE FEES

Paying upfront works out to be a bit cheaper, but we do have monthly payment plans available. We accept cash, cheque, and e-transfer for upfront fees. We require post-dated cheques for payment plan option. A fee will be applied to all NSF cheques.



SIBLING RATE

We offer a sibling discount to those parents who have multiple athletes enrolled in Cheer United PREP programs. For our sibling discount we offer \$75 off the yearly tuition for the second sibling enrolled. We offer \$100 off the yearly tuition for the third and consecutive children.

FUNDRAISERS

We plan to host an annual Trivia Night Fundraiser to raise money to put towards improving our gym. Additionally, we offer optional fundraising to those athletes who wish to alleviate the cost of uniform fees. We sell boxes of chocolates, and all proceeds of chocolate bar sales go directly to the uniform or clothing fee of the selling athlete. Last season, we had some athletes sell 8 boxes of chocolates, which covered their entire uniform fee! This fundraiser is optional, but available to those who would like to offset the expense.



GYM CLOSURES

Saturday, Aug 1st

**Tuesday, Aug 25th -
Saturday, Sept 5th
(inclusive)**

**Tuesday, Dec 22nd -
Saturday Jan 2nd
(inclusive)**

***We will also be closed for 3 Saturdays during the months of Jan-April due to competitions. Dates TBD.**

ATTENDANCE POLICY

Over the summer we offer a family-friendly practice schedule. As of September 12th, we ask that all athletes on our Prep or Open teams make their best efforts to be at practice. Any absence during the regular season may result in an athlete's position or role on the team changing. Every athlete plays a vital role on their team, so all athletes must attend practice to be successful throughout the season. Cheerleading is a competitive team sport unlike any other. Just one athlete missing a practice will affect the entire team and their ability to practice the routine. We feel these high standards for attendance teach our athletes to be reliable, accountable and how to make sacrifices for others - all part of being a (United) family.

REGISTRATION DATES

Our registration dates for our upcoming season are indicated below. The registration location is Welland Centennial Secondary School in the Gym Hallway. Please enter through the back parking lot located off of Centennial Drive, and enter through the main back doors. Please bring payment and completed forms (if you do not have access to a printer, we will have extra forms to complete that day). If you are choosing to do the payment plan option, please have post-dated cheques made out to Cheer United. Please remember to add 13% HST to your cheque totals. On Registration Day we will accept cash, cheque, or e-transfer to cheerunitedgym@gmail.com.



SUMMER REGISTRATION

Open Cheer- Eclipse

Tuesday May 12th: 5:30pm - 6:30pm

Zero Gravity Tumbling Program

Tuesday May 12th: 6:45pm - 8:15pm

Tiny/Youth/Junior Summer Program

Saturday May 16th: 9:30am - 12:00pm

FALL/WINTER REGISTRATION

- Prep Cheer
- Tiny/Youth/Junior Recreation Cheer
- Zero Gravity Tumbling Program

Tuesday Aug 18th: 5:00pm - 6:30pm or
Saturday Aug 22nd: 10:00am - 12:00pm

WINTER/SPRING 2021 REGISTRATION

- Tiny/Youth/Junior Rec Cheer Winter/Spring
- Zero Gravity Tumbling Program

Tuesday Jan 26th: 6:00pm - 8:00pm



MEET OUR STAFF

Our friendly, qualified staff will be happy to meet you on the date of your registration. All of our staff members have many years of cheerleading experience and know how to transmit their knowledge to our athletes in an effective and engaging way. Our staff has enjoyed every moment of Season 1 with Cheer United. There are exciting things in store for future seasons, and we look forward to seeing all the new/returning members who will help make Season 2 even better!

OUR FOUNDERS

The owners of Cheer United, Brittany and Nikki, have had great success in coaching the Welland Centennial Secondary School cheerleaders for the last 12 seasons. In their years of coaching, they have led their team to 10 provincial and 5 national titles! After years of patience, our founders are thrilled to bring their success to the next level. Their personal experiences with All-Star programs make them well-equipped to compete with the best.

Cheerleading is an interactive sport that encourages confidence, motivation, and socialization. Nikki and Brittany met through cheerleading at Centennial, and have since maintained a long-lasting friendship. They have attended nursing school together, have traveled the world together, and have coached alongside one another for more than 12 years now.



“Our motto with Centennial has always been to treat each other like sisters, and success will come. We are bringing this same dynamic to our all-star program, as highlighted in our name. United as a family...Welcome to Cheer United!”

- Brittany and Nikki

WHY CHOOSE CHEER UNITED?

Once you join Cheer United, you become part of our family. We have coached many athletes throughout the years and still have a close bond with all those athletes. United is in our name, and it symbolizes to us the united family that exists within our organization. We are passionate about an amazing sport, and care wholeheartedly about the athletes we get to inspire every day. We do not take our roles lightly and feel that every coach within our organization is able to be a positive influence and role model for our athletes. Cheer United teaches life skills that are transferrable to all life scenarios. We promote family, friendship, positivity and fun! Join today to become a part of the United Family!



TESTIMONIALS

"The coaches are passionate, hardworking and kind. The teams are open and welcoming, I always leave practice with a smile on my face. 10/10 recommend."

-Kelsey, Eclipse athlete.

"I am so thankful we joined Cheer United. I am very pleased with this group, such great coaches and so much fun!"

- Tracey, parent

"Amazing coaches who are dedicated to cheerleading and guiding young people and helping them achieve their goals."

-Deborah, parent

"My daughter has been practicing so much at home. Cheer has given her a great sense of being a part of a team. She's really come out of her shell."

-Jasmine, parent

CONTACT US



www.cheerunitedgym.ca



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