



# 2022/2023 CHEER UNITED REGISTRATION PACKAGE

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## GYM LOCATION

YOUNGS SPORTSPLEX  
570 RIVER RD, WELLAND

**BRAND NEW FACILITY:**  
COMING SPRING 2023



UNITED AS A FAMILY

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# WHO WE ARE



Cheer United is a cheerleading program offered in Welland, Ontario. Owners Brittany Blasioli and Nikki Faragalli 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.



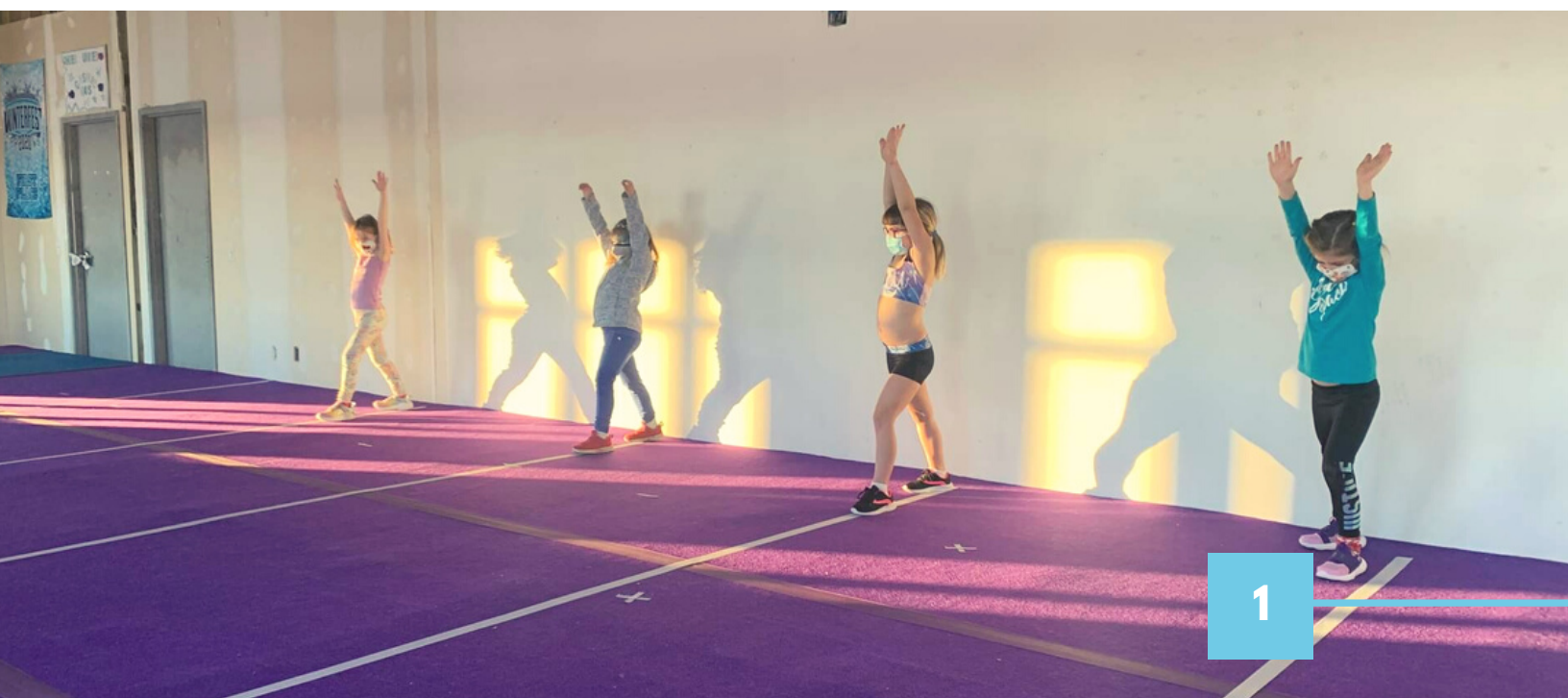
## FRIENDSHIPS

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 CHEER PROGRAMS

### REC

Recreational Cheer (Rec Cheer) is a low commitment program that focuses on learning the basics of cheerleading while having fun. Rec Cheer is available to athletes ages 3-12 and will run June to August, September to December and January to April. Since there are no competitions, clothing packages, or uniform fees with rec teams, this program offers an affordable option to those athletes who want to participate in this amazing sport.

### TINY

This program is available for athletes ages 3-5 who wish to begin exploring competitive cheerleading at an early age. The Little Dippers attend one competition where they will perform in a special competition outfit. This program runs from September to January. Following the completion of the Little Dippers program, athletes will have the option to join Rec Cheer during the Winter session.

### PREP

Prep Cheer teams are designed with the purpose of introducing athletes into the sport of cheerleading with the experience of competition. Prep Cheer has a medium level of commitment, with a focus on team bonding, choreography by coaches, improving skills, and having fun. There are some additional fees with this program related to attending competitions. Our Prep programs run from September to May and is available to athletes ages 5-17. Prep teams will attend 2-3 classic competitions. New this year, the Prep division will be "rated", not "ranked". For example, excellent vs outstanding, rather than first, second, etc. Prep teams practice once per week.

### ALLSTAR

Allstar Cheer teams are for athletes ages 5-17 looking for a higher level of commitment. Allstar Cheer is perfect for athletes who wish to train more frequently and have an enhanced competition experience. Allstar Cheer also offers skill development, team bonding, professional choreography and lots of fun. As a higher commitment program, the fees are reflective of what this program has to offer. Our Allstar program runs from June to May. Allstar teams will attend 4-5 classic and premier competitions. The Allstar division is judged on a "ranked" scale. For example, first, second, etc. Allstar teams practice twice per week.



# OPEN CHEER



We are extremely proud of the reputation our Open program has gained since Cheer United began and can't wait to see this program expand in years to come.

In 2019, we started with one Open team, Eclipse, in the level 3.0 non-tumbling division. This team has been undefeated at competition ever since.

In 2021, we introduced Supernovas, in the level 6.0 non-tumbling division. In their first year as a team, they earned a bid to the Cheerleading World Championships.



## ABOUT THE PROGRAM

Our open program provides a welcoming environment for athletes born in 2008 or earlier to bond over their passion for cheerleading, while working together to learn and perform an exciting routine.

Our worlds division team is a exciting program with increased commitment and cost. The team(s) may attend up to 5 competitions in pursuit of a bid to the Cheerleading Worlds which takes place every April in Orlando, Florida. The teams(s) will practice once per week during the summer, an twice per week during the fall/winter terms.

Our regular Open team(s) are for athletes who are equally passionate about competitive cheerleading. The team(s) also require a high level of commitment. They will attend 4-5 competitions and will practice once per week.

This year, we hope to expand the open program to create more teams, including a team in the tumbling division. This team would practice once per week during the summer and twice per week during the regular season. The fees for a senior tumbling team would reflect those outlined on page 11.



# 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. This program is offered to athletes ages 6 and up.

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.



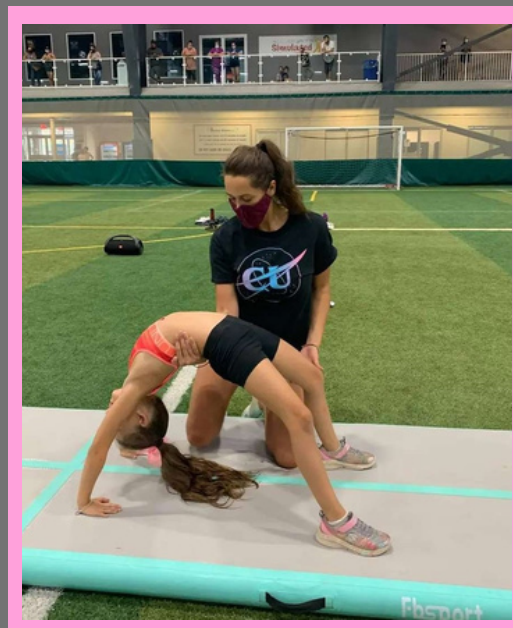
## LEVEL ONE

Perfect for those athletes working on cartwheels, back bends/bridges, kickovers, handstands.



## LEVEL TWO

Must have minimum bridge kick over. Perfect for athletes working on back handsprings and next level drills.



## LEVEL THREE

This invite only class is for athletes working on more elite skills such as tucks and more.





# PROGRAM DETAILS & FEES:

## REC CHEER & ZERO GRAVITY TUMBLING

### SUMMER PROGRAM

June 6th - September 4th (no classes on statutory holidays)

13 weeks - Class duration is 50min

Registration will open May 9th

### FEE BREAKDOWN & PAYMENT PLAN OPTIONS

SEASON	CLASS	FEE	PAYMENT OPTION
SUMMER	Rec Cheer OR Tumbling	\$195 + tax Total: \$220.35	2 post dated cheques for \$97.50 + tax (\$110.20) dated June 6th & July 18th
SUMMER	Rec Cheer AND Tumbling	\$390 + tax Total: \$440.70	2 post dated cheques for \$195 + tax (\$220.35) dated June 6th & July 18th





# PROGRAM DETAILS & FEES:

## REC CHEER & ZERO GRAVITY TUMBLING

### FALL PROGRAM

September 12th - December 17th  
 14 weeks - Class duration is 50min  
 No classes on statutory holidays  
 Registration will open August 8th

### WINTER PROGRAM

January 2nd - May 13th  
 18 weeks - Class duration is 50min  
 No classes on statutory holidays or Worlds week  
 Registration will open December 5th

### FEE BREAKDOWN & PAYMENT PLAN OPTIONS

SEASON	CLASS	FEE	PAYMENT OPTION
FALL	Rec Cheer OR Tumbling	\$210 + tax Total: \$237.30	2 post dated cheques for \$105 + tax (\$118.65) dated Sept 12th & Oct 24th
	Rec Cheer AND Tumbling	\$420 + tax Total: 474.60	2 post dated cheques for \$210 + tax (\$237.30) dated Sept 12th & Oct 24th
WINTER	Rec Cheer OR Tumbling	\$270 + tax Total: \$305.10	2 post dated cheques for \$135 + tax (\$152.55) dated Jan 2nd & Feb 6th
	Rec Cheer AND Tumbling	\$540 + tax Total: \$610.20	2 post dated cheques for \$270 +tax (\$305.10) dated Jan 2nd & Feb 6th



# PROGRAM DETAILS & FEES:

## TINY NOVICE: LITTLE DIPPERS

This program is available for athletes ages 3-5 who wish to attend competition. The Little Dippers attend one competition where they will perform in a special competition outfit.

**Program Duration:** Sept 12th - Jan 21st (following the completion of this program, athletes have the option to join our Winter Rec program). No classes on statutory holidays.

**Practice:** 50 mins/week

**Fee:** \$255 + tax (total: \$288.15)

**Option for payment plan:** Two post dated cheques for \$127.50 + tax (\$144.08) dated Sept 12th and Oct 24th.

**Additional Fees:** \$100 + tax (total: \$113), Includes clothing package and one local competition. This fee is due Nov 1st.



## WANT MORE?

If you are looking for a competitive program that is a higher commitment than Little Dippers, athletes ages 5-6 are eligible to compete in the Youth division as a part of our Prep program.

This program is subject to the additional fees and commitment that apply to Prep Cheer (shoes, uniforms, bow, competition fees, longer program duration, etc).



# PROGRAM DETAILS & FEES:

## PREP CHEER

Experience the excitement of performing  
at competition!

**Program duration:** Sept-May

Class duration: one weekly practice of 1.5 hr

\*No practices Christmas break Dec 18-Jan 1,  
statutory holidays or Worlds week

Registration fee: \$720.00 + tax

**TEAM PLACEMENTS:**  
At Youngs Sportsplex (indoor field)

**Birth year 2009-2013:**  
July 27th, 6:30-8pm

**Birth year 2014-2018:**  
July 28th, 5-7:30pm

**\$5.00 Placement Fee**



## FEE BREAKDOWN & PAYMENT PLAN OPTIONS

\$720.00 plus tax for the season. Option to post date 4 cheques for \$180.00 plus tax (\$203.50) for Sept 12th, Oct 24th, Jan 2nd, and Feb 6th.

### ADDITIONAL FEES:

- Competition uniform & Bow/ Scrunchie : \$200 + tax for uniform and \$20 + tax for hair accessory. Fee due Sept 26th (Note: uniform will be the same as last season)
- Music & Choreography fee: \$45 + tax. Fee due September 26th (Choreo Day TDB)
- Competition fees: \$155 + tax, includes 2-3 competitions and 1 showcase. Fee Due Nov 1st (these fees are approximate and will be finalized by Sept 19th)
- White shoes (please purchase on your own)
- Team make up- optional (\$14 + tax)







# PROGRAM DETAILS & FEES:

## ALLSTAR CHEER

Take your passion for competitive cheerleading  
to the next level!

**Program duration:** June-May

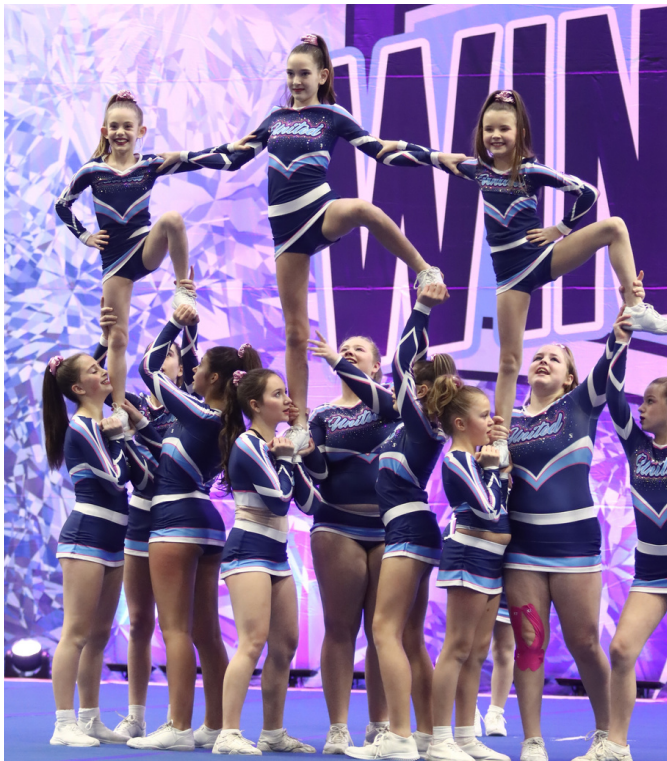
Class duration: one weekly practice of 1.5 hr  
from June-August, two weekly practices of 1.5 hr  
from September-May

\*No practices Christmas break Dec 18-Jan 1,  
statutory holidays or Worlds week

Registration fee: ~~\$1492.50 + tax~~ **\$1267.50 + tax**

### PERKS FOR OUR FIRST YEAR OF ALLSTAR:

\$225 off registration fee  
35% off tumbling class registration  
Clothing package included



### TEAM PLACEMENTS:

**Thursday May 26th @ Youngs (indoor field)**

Birth year 2018-2014: 5-6pm

Birth year 2013-2009: 6-7pm

### Can't make it?

The make up date will be held Friday  
May 27th from 5-7pm in our gym unit

**\$5.00 placement fee**

\*Note: athletes will automatically be considered  
for all programs they are age eligible for

## FEE BREAKDOWN & PAYMENT PLAN OPTIONS

\$1267.50 plus tax for the season. Option to  
post date 6 cheques for \$211.25 plus tax  
(\$238.70) for June 6th, July 18th, Sept 12th,  
Oct 24th, Dec 5th, and Feb 6th.

### ADDITIONAL FEES:

- Competition uniform & Bow/ Scrunchie: \$200 + tax for uniform and \$20 + tax for hair accessory. Fee due Sept 26th (Note: uniform will be the same as last season)
- Music & Choreography fee: \$165 + tax. Fee due September 5th (Choreo Day to take place week of September 5th)
- Competition fees: \$320 + tax, includes 4-5 competitions and 1 showcase. Fee Due Nov 1st (these fees are approximate and will be finalized by Sept 19th)
- White shoes (please purchase on your own)
- Team make up- optional (\$14 + tax)





# PROGRAM DETAILS & FEES:

## OPEN CHEER (BORN 2008 OR EARLIER)



- Practices (2 hours) once per week June-May
- Registration fee: \$1012.50 + tax
- Competition uniform & Scrunchie: \$200 + tax and \$20 + tax for scrunchie. Fee due Sept 26th (Note: uniform will be the same as last season)
- Music fee: \$37.50 + tax. Fee due September 26th. (A choreo fee may apply / Choreo Day TBD)
- Competition fees: \$320 + tax includes 4-5 competitions and 1 showcase. Fee due Nov 1st (these fees are approximate and will be finalized by Sept 19th).
- White shoes (please purchase on your own)
- Team make up- optional (\$14 + tax)

### Payment plan option:

\$1012.50 plus tax for the season. Option to post date 6 cheques for \$202.50 plus tax (\$228.85) for June 6th, July 18th, Oct 24rd, Dec 5th, and Feb 6th.

## TRYOUTS:

**Wednesday May 25th, 5-7pm at Youngs Sportsplex**

\*Athletes will be asked to indicate which program they are interested in being considered for (level 6.0, regular open or both)

\*Note: athletes will be automatically considered for all programs they are age eligible for







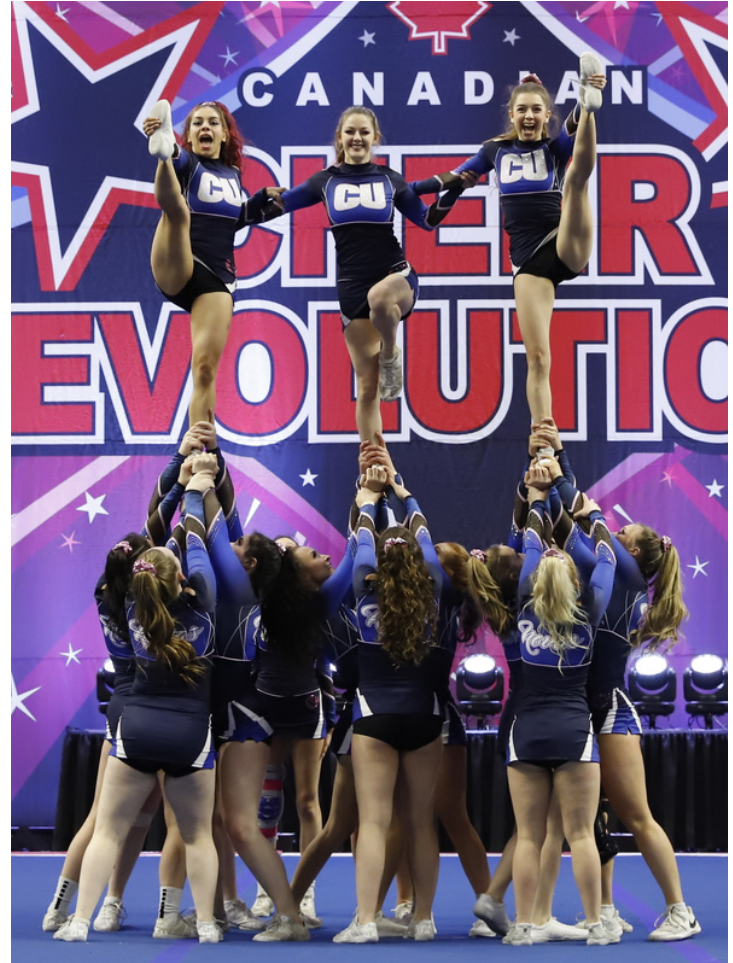
# PROGRAM DETAILS & FEES:

## OPEN CHEER - WORLDS (BORN 2008 OR EARLIER)

- Practices (2 hours) once per week June-August and twice per week Sept-May
- Registration fee: \$1267.50 + tax (regular \$1492.50, discount for first year using increased practice schedule in 2022/2023)
- Music & Choreography fee: \$165 + tax. Fee due September 5th (Choreo Day to take place week of September 5th)
- Competition uniform & Scrunchie : \$370 + tax for uniform, and \$20 + tax for scrunchie. Fee due Sept 26th (Note: uniform will be the same as last season)
- Competition fees: TBD - will be finalized by Sept 19th. Fees will be due November 1st.
- White shoes (please purchase on your own)
- Team make up- optional (\$14 + tax)
- Additional potential expenses: Trip to Florida for the Cheerleading Worlds

### Payment plan option:

\$1267.50 plus tax for the season. Option to post date 6 cheques for \$211.25 plus tax (\$238.70) for June 6th, July 18th, Sept 12th, Oct 24th, Dec 5th, and Feb 6th.



## TRYOUTS:

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\*Note: athletes will be automatically considered for all programs they are age eligible for





# FUNDRAISERS

We hope to host a Trivia Night program Fundraiser at some point this season (Covid permitting). The fundraiser is aimed to raise money to purchase more tumbling equipment for our growing program.

For Prep, Allstar and Open programs, we will offer an optional chocolate bar fundraiser for those athletes looking to offset the cost of their cheer fees. All profits will go toward their fees. In the past, some athletes have paid for their entire uniform fee and more through their fundraising efforts.



## SIBLING RATE

We offer a sibling discount to parents of athletes in our Prep and Allstar programs:

\$15 off first installment for second Prep child,

\$20 off the third and subsequent child

\$25 off first installment for second Allstar child, \$30 off the third child and subsequent children







# MEET OUR STAFF

Our friendly, qualified staff has many years of cheerleading experience and knows how to transmit their knowledge to our athletes in an effective and engaging way. Each coach embodies qualities of leadership and empowerment and plays a big role in fostering a safe and positive space for all of our athletes.

## OUR FOUNDERS

The owners of Cheer United, Brittany and Nikki, have had great success in coaching the Welland Centennial Secondary School cheerleaders for 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 COACHES



“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



# FREQUENTLY ASKED QUESTIONS

## What is the address?

Our temporary location is Young's Sportsplex at 570 River Rd, Welland (near Walmart). We are on the upper unit above the tennis courts.

## What should athletes wear?

Athletes are encouraged to wear a T-shirt, Tank top, or Sports Bra. Any flexible shorts or pants would be appropriate. We typically encourage a tighter style short or pant so that the athletes feel a bit more covered when stretching. Long hair is recommended to be pulled up in a ponytail.

## Do I need special shoes?

Please wear any athletic shoes. Colour does not matter during class/practice. During competition season, we will require an all white shoe for Prep, Allstar and Open division athletes.

## What to bring to practice?

We encourage bringing water. Registration forms will be sent via email and must be brought to the first class. Athletes will not be able to practice without these forms.

## Can I wear jewelry?

We encourage athletes to remove jewelry prior to practice. Our sport is very interactive, especially now that we are permitted to stunt again, so it is safer to remove jewelry if possible.

## Can I stay and watch?

Generally we have a closed practice policy. If your athlete practices on the field, you may stay and watch from the mezzanine.







# 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.cheerunited.ca](http://www.cheerunited.ca)



[cheerunitedgym@gmail.com](mailto:cheerunitedgym@gmail.com)



@cheerunitedgym



@cheerunitedgym