



2023/2024 CHEER UNITED REGISTRATION PACKAGE

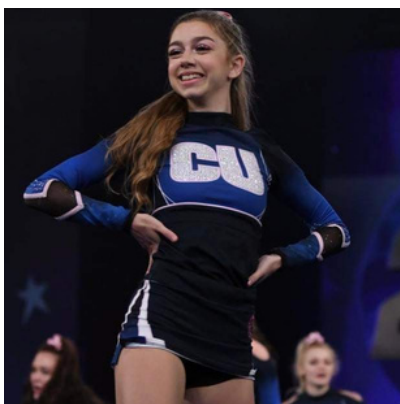
TEMPORARY GYM LOCATION:

YOUNGS SPORTSPLEX
570 RIVER RD, WELLAND

BRAND NEW FACILITY:

The Galaxy

COMING SUMMER 2023



IT'S NOT JUST OUR NAME, IT'S WHO WE ARE.

UNITED

AS A FAMILY

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WHO WE ARE



Cheer United is a cheerleading program offered in Welland, Ontario, entering its fifth season. Owners Brittany Blasioli and Nikki Faragalli are Welland residents who are passionate 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

RECREATIONAL CHEERLEADING

Recreational Cheer (Rec Cheer) is a non-competitive, 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 in shorter terms: June to August, September to December and January to May. Since there are no competitions, competition fees or uniform fees with rec teams, this program offers an affordable option to those athletes who want to participate in this amazing sport.



OUR CHEER PROGRAMS CONTINUED

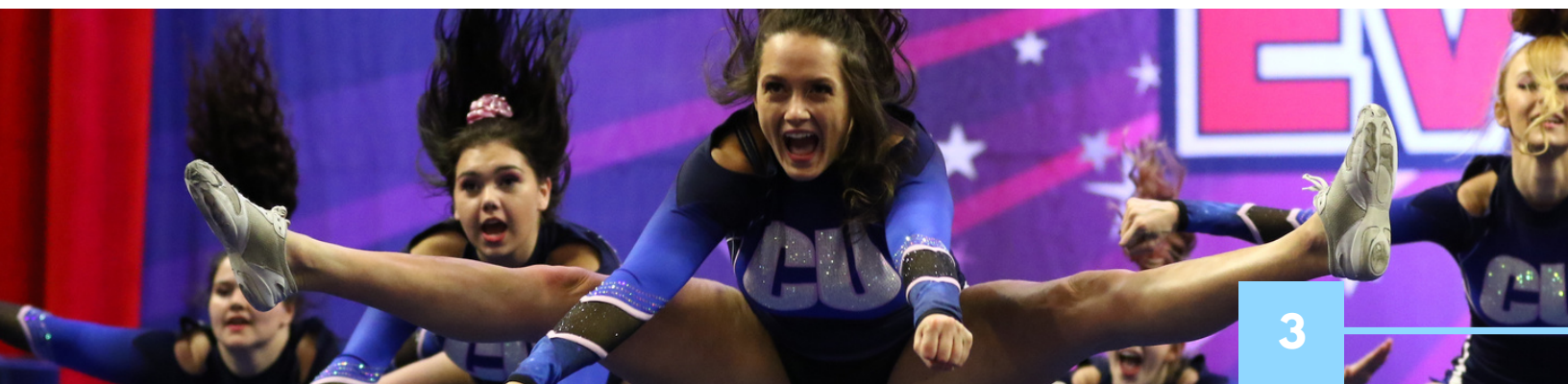


CLASSIC: PARTIAL SEASON PREP/NOVICE

This medium commitment program is designed with the purpose of introducing athletes into the sport of competitive cheerleading with a focus on coach-lead choreography, team bonding, improving skills, and having fun. There are some additional fees with this program related to attending competitions, such as a competition fee and uniform fee. Our Novice programs run from September to May. Novice teams will practice once per week and attend 3 classic competitions.

INTERMEDIATE & ELITE: FULL SEASON COMPETITIVE

Full season competitive cheer is perfect for athletes who wish to train more frequently, have a higher level of commitment and an enhanced competition experience. Practices will be once per week in the summer and twice per week the remainder of the season. This program runs June-May. Teams will attend 5 competitions, premier and/or classic. Athletes will be placed on a team in either the Prep or Allstar division. Athletes considering Elite cheer should have a minimum of a back walkover. The full season competitive program offers increased opportunity for 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.



TUMBLING PROGRAM



ZERO GRAVITY TUMBLING

Our tumbling classes focus on flexibility, strength training, and developing new skills at a safe but swift pace. We offer Introduction to Tumbling for ages 3-5, and Zero Gravity Tumbling for ages 6 and up.

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New for season 5, we will be implementing a coloured-tiered system to certify athletes ages 6 and up on their accomplishments and celebrate their progression to the next level! Colour coding helps us to ensure classes are both age and skill level appropriate for all athletes, which allows for more fine-tuned coaching.



HOW DO I KNOW WHAT TO REGISTER FOR?

Athletes registered in The Zero Gravity Tumbling program in the Winter 2023 term will receive a certificate indicating their current level so they know what to register for in the next term.

For CU members who are not currently in tumbling but wish to register next term, parents should speak with a coach before registering to ensure they are enrolled in the appropriate level. Parents of new athletes should contact us via email to discuss the athlete's skillset and schedule an assessment if necessary.

Coaches will track athletes progress and when they have mastered their current colour tier, they will receive a certificate of completion. At that time, we can explore levelling up and switching classes if possible based on class and athlete availability. In the case that a class switch cannot be made, coaches will ensure the athlete is given next level drills and opportunity to work on their higher level skills.



TUMBLING PROGRAM CONTINUED

INTRO TUMBLING & THE ZGT COLOUR SYSTEM



Introduction to Tumbling (Ages 3-5):

This class is perfect for those who wish to learn tumbling basics, body shapes, and try new skills. Our unique equipment is both fun and educational for this age group. Learning the basics lays the foundation for our tiny tumblers to gain the skills and experiences to safely test out their abilities and make progress, all while having fun.

Zero Gravity Tumbling (Ages 6+):

LEVEL WHITE

Prerequisites: none. Beginner athletes looking for an introduction to tumbling basics. Classes will focus on front rolls, backward rolls, cartwheels, bridges and handstand drills, and introduce falling into a bridge and bridge kick overs.

LEVEL BLUE

Prerequisites: must do a forward roll, cartwheel, push up into a bridge with proper technique, and kick over off of a block with minimal assistance. Classes will focus on falling into a bridge, bridge kick overs, round offs, front and back walkovers.

LEVEL SILVER (AGES 10+)

This class is intended for the older athlete who is working between level White and Blue. Classes will focus on skills such as rolls, cartwheels, round offs, falling into a bridge, bridge kick overs, and front and back walkovers.

LEVEL PINK

Prerequisites: must do a back walkover unassisted with proper technique and demonstrate average technique in round offs and series back walkover. Classes will focus on power round offs, back handsprings, connected skills, drills for back tucks.

LEVEL GOLD

Prerequisites: must demonstrate series back handspring with proper technique, standing and running. Classes will focus on back and front tucks, aerials, layout drills, Arabian drills, and other advanced skills for elite tumblers.





PROGRAM DETAILS & FEES:

REC CHEER & TUMBLING

SUMMER PROGRAM

June 5th-Sept 3rd (no classes on statutory holidays)

13 weeks - Class duration is 55min

Registration will open May 1st at www.cheerunited.ca/registration

FEE BREAKDOWN & PAYMENT PLAN OPTIONS

SEASON	CLASS	FEE	PAYMENT OPTION
SUMMER	Rec Cheer OR Tumbling	\$221 + tax Total: \$249.73	Payment plans will be available through our registration platform
SUMMER	Rec Cheer AND Tumbling	\$442 + tax Total: \$499.46	Payment plans will be available through our registration platform

PLEASE NOTE THAT WE WILL CLOSED FOR ONE WEEK TO MOVE INTO THE GALAXY. EXACT DATES TO BE DETERMINED.



PROGRAM DETAILS & FEES:

REC CHEER & INTRO/ZERO GRAVITY TUMBLING

FALL PROGRAM

Sept 4-Dec 23

16 weeks - Class duration is 55min

No classes on statutory holidays

Registration will open in August at

www.cheerunited.ca/registration

WINTER PROGRAM

Jan 7-May 12

17 weeks - Class duration is 55min

No classes on statutory holidays or Worlds week

Registration will open in December at

www.cheerunited.ca/registration

FEE BREAKDOWN & PAYMENT PLAN OPTIONS

SEASON	CLASS	FEE	PAYMENT OPTION
FALL	Rec Cheer OR Tumbling	\$272 + tax Total: \$307.36	Payment plans will be available through our registration platform
	Rec Cheer AND Tumbling	\$544 + tax Total: \$614.72	
WINTER	Rec Cheer OR Tumbling	\$289 + tax Total: \$326.57	Payment plans will be available through our registration platform
	Rec Cheer AND Tumbling	\$578 + tax Total: \$653.14	



PROGRAM DETAILS & FEES:

COMPETITIVE CHEER PROGRAMS

	<i>Classic</i> INCLUDES PARTIAL SEASON PREP & NOVICE	<i>Intermediate</i> INCLUDES FULL SEASON COMPETITIVE PREP & NON-WORLDS OPEN	<i>Elite</i> INCLUDES FULL SEASON COMPETITIVE ALLSTAR, PREP LEVEL 2 & WORLDS
Season length	September-May	June-May	June-May
Practice days	1 /week	1/week in summer 2/week in fall-spring	1/week in summer 2/week in fall-spring
Practice length	1.5 hours/week	1.5 hours/week in summer 3 hours/week fall-spring	1.5/week in summer 4 hours/week in fall-spring
Competitions	3	5	5
Uniform	Navy blue uniform from current season	For U6 and U8: Navy blue from current season For all other age divisions: New uniform (1st year of a 3 year cycle)	New uniform (1st year of 3 year cycle)
Fees *Prices are subject to HST Payment plans will be available through our registration platform	Tuition: \$742.50 Competition fee: \$173 Choreo/Music fee: \$100 Uniform & Bow fee: \$220	Tuition: \$1096 Competition fee: \$405 Choreo/Music fee: U6: \$100 All other age divisions: \$200 Uniform & Bow fee: \$220 for navy uniform Approx \$420 for those getting the new uniform	Tuition: \$1399 Competition fee: \$421 Choreo/Music fee: \$200-\$300 Uniform & Bow fee: Approx \$420 Special Skills Clinic fee: \$40

*Other required items not included: white shoes, Cheer Canada Membership

Additional option item: competition makeup kit



COMPETITIVE PROGRAMS

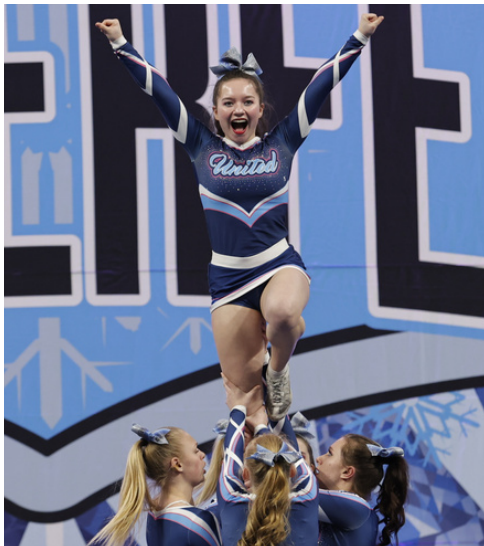
PERKS

	<i>Classic</i> INCLUDES PARTIAL SEASON PREP & NOVICE	<i>Intermediate</i> INCLUDES FULL SEASON COMPETITIVE PREP & NON- WORLDS OPEN	<i>Elite</i> INCLUDES FULL SEASON COMPETITIVE ALLSTAR, PREP LEVEL 2 & WORLDS
Practice gear included	No	T-shirt & shorts	T-shirt & shorts
Tumbling class discount	No	35% off	35% off
NASA clinic	No	Yes	Yes
Stargazing (year end showcase)	Yes	Yes	Yes

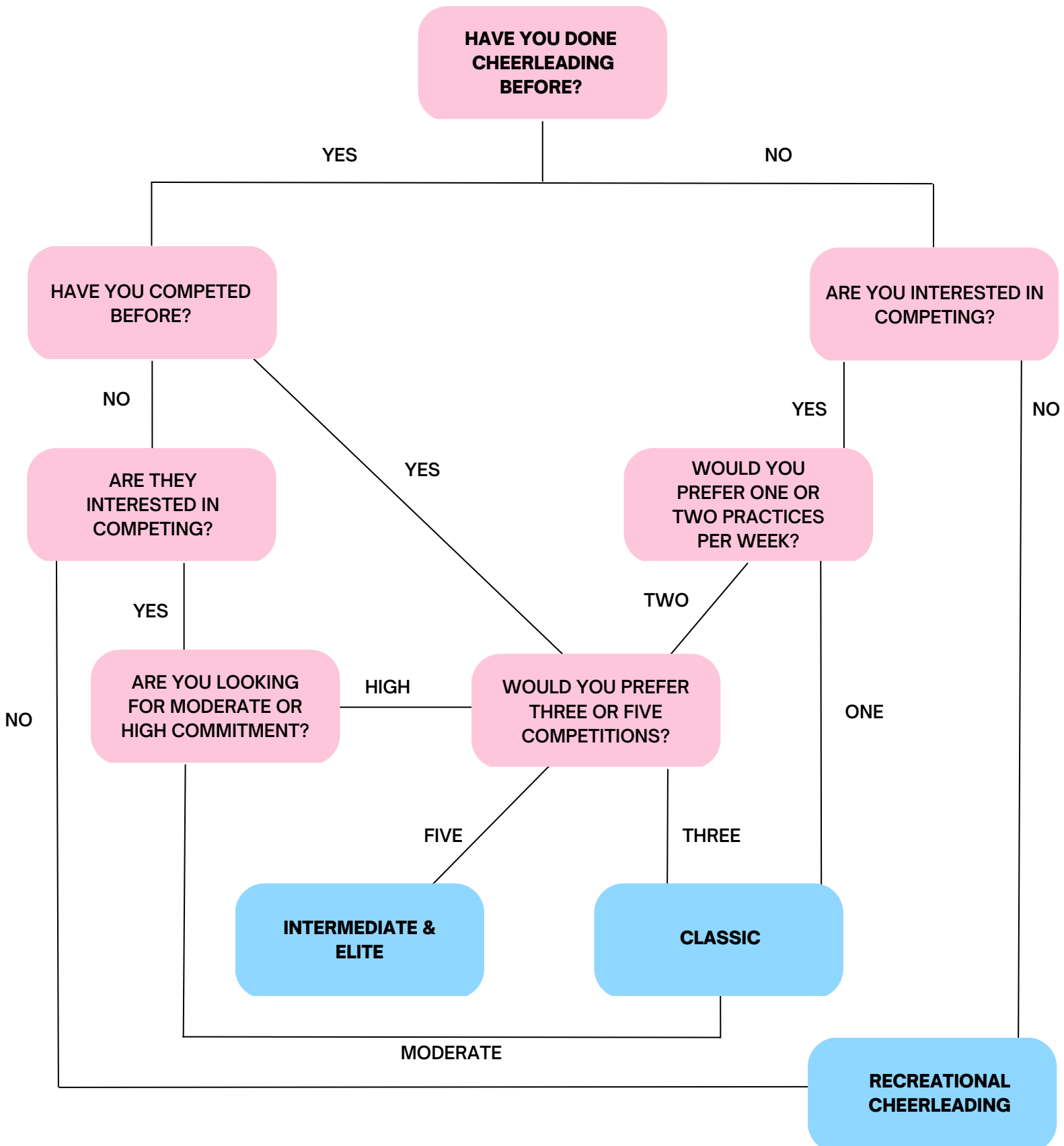
NASA CLINIC

"NEW ACHIEVEMENTS FOR SKILLED ATHLETES"

Our full season competitive athletes will have a mandatory skills clinic during the summer. The goal of the NASA clinic is to kick off the season with technique training that will help our athletes master the foundation needed for success and progression. The dates are to be determined and will be communicated to teams shortly after team placements. World's level teams may have more than one clinic throughout the season.



WHICH OPTION IS BEST FOR MY CHILD?



TEAM PLACEMENTS



HOW DOES IT WORK?

Athletes interested in being a part of a full season competitive program (any division) should complete our pre-registration form and attend team placements in May. The form can be accessed by visiting www.cheerunited.ca/registration and clicking **register now**, or by **clicking the link in our Instagram bio**. Please note there is a \$5 placement fee. For those interested in the classic program, pre-reregistration will take place in the summer.

During team placements, our coaches will assess stunting, jumps, dance, tumbling and other skills such as flyer flexibility, technique, and overall potential. At Cheer United, there is a team for everyone to shine on!

Following team placements, parents/athletes will be contacted for a team reveal. Detailed team information including practice info and how to officially register through our GoMotion website will be provided at that time.

Athletes must attend based on their birth year:

For full season competitive prep & allstar:

Mon May 15th:

6-7:30pm: 2013, 2014

7:30-9pm: 2009, 2010

Wed May 17th:

6-7pm: 2018, 2019

7-9pm: 2008 and earlier

Tues May 16th:

6-7:30pm: 2016, 2017

7:30-9pm: 2011, 2012

Thurs May 18th:

6-7:30pm: 2015

7:30-9pm: callbacks & scheduled make ups



Team placements will be held at Welland Centennial Secondary school (240 Thorold Rd). Please use back entrance.

For partial season prep & novice

Mon August 21st: TENTATIVE

Times by age group will be announced at a later date



Team placements will be held at The Galaxy



ADDITIONAL CLASSES



KEEP AN EYE ON OUR SOCIAL MEDIA PAGES FOR INFO ON EXTRA PROGRAMMING

OPEN GYM

Coming July 2023!

Beginning this summer, we will be launching our Open Gym program biweekly on Friday evenings. Open gym is for athletes who wish to come into the gym to independently work on their tumbling skills, or for athletes who wish to attend as a stunt group to work on skills together. Open gym nights will be offered to athletes ages 15+. More details to come.

PRIVATE CLASSES

45 MINUTE CLASSES

PRIVATE: \$32 PER CLASS + HST

SEMI-PRIVATE: \$45 PER CLASS + HST

Private tumbling classes are the perfect opportunity for athletes who are close to a new skill, but need a bit more time to perfect it. One to one coaching by one of our trained tumbling staff will allow the coach to gear drills specific to the goal of the athlete. If interested in semi-private lessons, one person will register on behalf of two people through our online registration platform. Private and semi-private lessons can be discontinued by the parent/athlete through our online registration platform.

THIS NEW LOWERED PRICE (FOR MEMBERS) WILL TAKE EFFECT JUNE 2023



PD DAY CAMPS

We also offer PD Day Camps for athletes looking for something fun to do on their day off of school/for parents in need of child care on these days. Our PD day camps are to members and non-members. Registration will be available through our registration platform.



FUNDRAISERS

We hope to host another program Fundraiser at some point this season, such as Trivia Night. The fundraiser is aimed to raise money to purchase more equipment for the gym.

For our competitive program, we will offer a few optional fundraisers 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 competitive cheerleading programs:
\$125 off tuition for second and subsequent children in any competitive cheerleading program





MEET OUR STAFF

Our friendly, qualified staff have many years of cheerleading experience and know 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 over 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.



NIKKI

BRITTANY

JUST SOME OF OUR AMAZING COACHES



“Our motto with Centennial was always 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. Our new facility, which we will call "The Galaxy", will be located at 150 Downs Dr Welland. Our expected move in to The Galaxy is summer 2023.

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 fitted style short or pant so that the athletes feel covered when stretching. Long hair is recommended to be pulled back. Please remove jewelry for everyone's safety.

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 competitive athletes.

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. The Sportsplex does not allow parents on the field. At the new building, we will have a parent viewing area (the observatory).

How to stay connected?

We have a CU members Facebook page where we share updates, reminders, photos, etc. The group can be found by searching "CU members*" into the Facebook search bar. Parents are encouraged to check their email regularly as email is our main method of communication for important information.

What to do with my old uniform?

We also have a Facebook group for members to buy or sell gently used CU merchandise and uniforms, shoes, etc. The group can be found by searching "Cheer United Apparel Swap & Sell".



POLICIES COMPETITIVE PROGRAMS

At Cheer United, we pride ourselves on our ability to provide an environment that is fun, positive, and conducive of growth. We can have even more success when we work together with the parents and families in the CU community by adhering by our policies:



ATTENDANCE

Attendance is a uniquely integral part of success in cheerleading. For this reason, we rely on parents to help us enforce our attendance policy. Foreseen circumstances (such as appointments, social activities, etc) should be scheduled around practice times, and vacations should be booked with respect to the competition schedule. Removing cheer is not an acceptable form of punishment as it impacts the entire team.

FINANCIAL

Parents have a responsibility to fulfill their financial commitment when registering for a program at CU. Athletes with missed payments will be asked to sit out. Leaving the competitive program midseason is subject to a \$200 discontinuation fee. Cheer United will issue a prorated refund for tuition fees. There are no refunds for missed practices/classes.

COPYRIGHT NOTICE

The Cheer United brand has been carefully designed to enhance the experience of the CU community. Creating and/or selling your own CU merchandise is not permitted due to copyright law. This includes unauthorized use of our business name, logo, team names, cheers, without the permission of the program owners. All Cheer United merchandise sales will take place on our online pro shop at cheerunitedgym.square.site.

COMMUNICATION

Email is our main communication method. Athletes/parents are responsible for checking their email regularly for messages from CU. We also have a Facebook page for that we use to share information. You can find the page by searching "CU Members". Athletes/parents have a responsibility to communicate with us when needed (ex. absences, questions).

SPORTSMANSHIP

Cheer United prides itself on our positive gym culture amongst our coaches, the athletes and their parents. It is expected that all members of the CU family maintain a high level of sportsmanship and conduct themselves in the spirit of inclusivity. This includes at practice, competitions, CU events, while in the community, on social media, etc.

TRUST THE PROCESS

Our athletes mean the universe to us, so we will always do what we feel is best for the team. When it comes to team placements, appropriate levelling, routine or role changes, safety, etc, it's all in the name of what is best for the team. We ask that you understand and support our decisions throughout the season. You've come to Cheer United to grow and be a part of our positive gym culture and we can't to #CUshine!



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!



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, 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



cheerunitedgym@gmail.com



[@cheerunitedgym](https://www.instagram.com/cheerunitedgym)



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