



2021/2022 CHEER UNITED REGISTRATION PACKAGE

GYM LOCATION

SEAWAY MALL
800 NIAGARA STREET,
WELLAND, ON



UNITED AS A FAMILY

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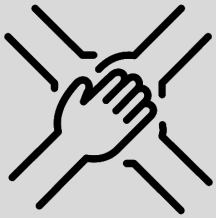
WHY CHOOSE US?

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 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 3-14 and will run 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 attend competition. 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, routine choreography, improving skills, and having fun. There are some additional fees with this program related to attending competitions. Our Prep programs run from September to April and is available to athletes ages 5-17.

OPEN

Our Open team practices once per week. This program is offered to athletes ages 14 & up. This team is a fun atmosphere where we focus on new stunts and routine building. We provide a welcoming environment where athletes bond over their passion for cheerleading, while working together to learn and perform an exciting routine. We attend 3 competitions with this competitive team. Note: athletes ages 13-17 who are interested in competitive cheerleading will automatically be considered for all teams they are eligible for due to the age overlap in programs.

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 carthwheels, back bends/bridges, kickovers, handstands.



LEVEL TWO

Must have minimum bridge kick over. Perfect for athletes working on back handsprings and/or back tucks.





PROGRAM DETAILS & FEES:

REC CHEER & ZERO GRAVITY TUMBLING

FALL PROGRAM

September 13th - December 18th

14 weeks

Class duration is 50min

Registration will open September 3rd

WINTER PROGRAM

January 3rd - April 30th

17 weeks

Class duration is 50min

Registration will open December 18th

FEE BREAKDOWN & PAYMENT PLAN OPTIONS

SEASON	CLASS	FEE	PAYMENT OPTION
FALL	Rec Cheer OR Tumbling	\$196 + tax Total: \$221.48	2 post dated cheques for \$100 + tax (\$113) dated Sept 13th & Oct 25th
	Rec Cheer AND Tumbling	\$392 + tax Total: 442.96	2 post dated cheques for \$200 + tax (\$226) dated Sept 13th & Oct 25th
WINTER	Rec Cheer OR Tumbling	\$238 + tax Total: \$268.94	2 post dated cheques for \$120 + tax (\$135.60) dated Jan 3rd & Feb 28th
	Rec Cheer AND Tumbling	\$476 + tax Total: \$537.88	2 post dated cheques for \$240 + tax (\$271.20) dated Jan 3rd & Feb 28th



PROGRAM DETAILS & FEES:

TINY: 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 13th - Jan 23rd (following the completion of this program, athletes have the option to join our Winter Rec program).

Practice: 50 mins/week

Fee: \$238 (+ tax) Total: \$268.94

Option for payment plan: Two post dated cheques for \$119 + tax (\$134.47) dated Sept 13 and Oct 25th.

Additional Fees: \$100 + tax (total: \$113, Includes clothing package and one competition in Niagara Falls on January 22nd). 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) as described on the following page.



PROGRAM DETAILS & FEES:

PREP CHEER

Experience the excitement of performing at competition!

No previous experience necessary.

Sept 13th-April 30 (8 months)

Class duration: 1.5 hr

*No practices Christmas break Dec 19 - Jan 2

Exclusive 2021-2022 rate: **\$449** plus tax for the season

*Prep athletes are encouraged to enroll in an additional Zero Gravity Tumbling (ZGT) class to work on advancing tumbling skills for competition.

See previous page for ZGT pricing information.

FEE BREAKDOWN & PAYMENT PLAN OPTIONS

\$449 plus tax for the season. Option to post date 4 cheques for \$115 plus tax (\$129.95) for Sept 13th, Oct 25th, Jan 3rd, and Feb 28th.

ADDITIONAL FEES:

- Competition uniform & Bow : \$210 + tax (total: \$237.30). Fee due Sept 25th
- White shoes (please purchase on your own)
- Competition fees: \$180 + tax (total: \$203.40), includes 3 competitions and 1 showcase. Fee Due Nov 1st
- Team make up- optional





PROGRAM DETAILS & FEES:

OPEN CHEER (AGES 14+)

Experience the excitement of
performing at competition!
No previous experience necessary.

Sept 13th-April 30 (8 months)

*No practices Christmas break
Dec 19 - Jan 2

Class duration: 1.5 hr

Exclusive 2021-2022 rate:
\$449 plus tax for the season

FEE BREAKDOWN & PAYMENT PLAN OPTIONS

\$449 plus tax for the season. Option to
post date 4 cheques for \$115 plus tax
(\$129.95) for Sept 13th, Oct 25th,
Jan 3rd, and Feb 28th.

ADDITIONAL FEES:

- Competition uniform & Bow : \$210 + tax (total: \$237.30). Fee due Sept 25th
- White shoes (please purchase on your own)
- Competition fees: \$200 + tax (total: \$226) includes 3 competitions and 1 showcase. Fee Due Nov 1st (these fees are approximate and will be finalized by Sept 15th).
- Team make up- optional



ADDITIONAL CLASSES

Keep an eye on your email & social media pages for releases dates of these fun classes!

STARS IN THE MAKING

AGES: 1 - 3 years old

\$8.70 PER CLASS + HST (\$10 TOTAL)

DATES: To be announced

Stars in the Making is a fun 45-minute class which offers an introduction to the sport of cheerleading. We will have interactive songs, chants, dances, and stretches. We also have lots of tumbling equipment that your little one will love to explore. The class is laid back, as we want this to be a welcoming space for parents to come with their child to learn at a pace that works for their little one. Everyone learns at their own pace in this young age group, and we are happy to have options for all learners!



PRIVATE CLASSES

45 MINUTE CLASSES

PRIVATE: \$45 PER CLASS + HST (TOTAL: \$50.85)

SEMI-PRIVATE: \$55 PER CLASS + HST (TOTAL: \$62.15)

Private tumbling classes are the perfect option 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.



CHEER INSPIRED YOGA

**\$8.70 PER CLASS + HST (\$10 TOTAL)
OR \$13.05 + HST PER PARENT/CHILD
COMBO (\$15 TOTAL)**

DATES: To be announced

Cheer-inspired yoga is a vinyasa flow class which incorporates elements of strength, balance, flexibility, and breath work. This 1 hour class is designed for all levels and is offered for ages 8 and up.

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



SIBLING RATE

We offer a sibling discount to those parents who have multiple athletes enrolled in our program:

\$15 off first month's fee for second child

\$20 off for third and subsequent children



PRACTICE INFORMATION



LOCATION

Practices are located at the Seaway Mall (800 Niagara Street, Welland). We are in the unit across from Coles Bookstore, beside Blakes. Please enter through the Cinema Entrance to ensure the mall doors will be open.

PRACTICE PROCEDURE

Athletes will be permitted in the practice space no earlier than 5 minutes prior to the practice start time. Once the athlete arrives, they will go through our COVID screening process. Parents are not permitted into the practice area at this time, and the Seaway Mall has requested parents not to congregate in the hallway outside of the gym. Parents are able to walk around the mall during the mall's open hours. Please return only for athlete pick up on time and be mindful of social distancing while waiting in the hallway.

WHAT TO BRING

A registration form and waivers to be signed will be emailed to the parents/guardians of athletes under the age of 18 prior to first practice. Following that, the only thing your athlete needs to bring to practice is a reusable water bottle, indoor running shoes and be dressed in athletic wear. Some athletes wear yoga pants, shorts, t-shirts, tanks, or sports bras to practice. Hair is recommended to be pulled up into a ponytail. A hair bow is always encouraged, although not mandatory.





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 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.cheerunited.ca



cheerunitedgym@gmail.com



@cheerunitedgym



@cheerunitedgym