

# GRIDDERS CHEERLEADING

Registration Package

2024.2025



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**Jennifer Ingham**  
*Owner*

# Welcome Message

Welcome to Gridders Cheerleading! Whether an athlete is a part of our recreational, non-competitive, or competitive programs, we are excited to work with each one of them to help them grow and achieve their goals!

My name is Jennifer Ingham, and I am the owner of Gridders Cheerleading. I am a high school teacher and career guidance counsellor in Yorkton, Saskatchewan and run Gridders Cheerleading during my evenings and weekends. This program combines my passions for education and sport, and I am immensely proud of the work of our staff and coaches who have brought my vision to life!

At Gridded Cheer, we believe every child is important and has potential to do great things. We aim to teach not only athletic skills, but also kindness, compassion, and humbleness. Sport teaches us many life lessons, and we believe in nurturing these attributes through our programming. Persistence, commitment, integrity, teamwork, trust, accountability and patience are just a few of the human characteristics we encourage through our sport. Gridded Cheer athletes are coached to feel confident and empowered. Carried out in a safe and structured environment, our programs are perfect for any athlete looking to learn new skills!

Gridders Cheerleading offers individual classes as well as recreational and competitive teams. Whether athletes are looking to advance their own individual skill set or work collaboratively as a team to achieve common goals, we know that athletes will gain confidence and build lifelong friendships. We can't wait to work with you!

*Jennifer Ingham*

B.Ed. Secondary Math & Chemistry  
M.Ed. Educational Administration  
SCA Level 6 Certified Coach

# About Gridders Cheerleading

## Mission

Gridders Cheerleading is dedicated to building character in our athletes by providing a fun, safe, and inclusive atmosphere. We cultivate motivation, discipline, work ethic, confidence and respect which helps our athletes achieve success, both individual and team-based. While we also aim to achieve at high levels in cheer, performance cheer and tumbling, our broader goal is to create well-rounded young adults who are ready and able to make a difference in the world.

## Facility

- Yorkton & surrounding area's exclusive provider of Cheerleading and Performance Cheer instruction
- Over 4000 square foot facility with 18 foot ceilings
- Full, regulation size sprung floor (54 feet x 42 feet) and Warm Up Recreational sprung floor (18 feet x 42 feet)
- High quality training mats and equipment for safe execution of skills including inflatable tumbling air track



## Location

Highway #10 East

Located behind the old Brown's Leisure World (across the highway from Deneschuk Homes).

# Types of Programming

## Recreational / Non-Competitive Classes

We offer many options for athletes who would like to train once or twice a week without the commitment of competitions. These classes are great for athletes wanting to try the sport before entering the competitive program, or those would like to participate without the competitive component.

Recreational classes include:

- Teeny Tumble (Ages 3 & 4)
- Tiny Tumble (Ages 5 & 6)
- Walkovers 101 (Ages 7+)
- Handsprings & Aerials (Ages 7+)
- Combo (Tumble & Dance - Ages 5+ and 7+)
- Little Ninjas
- Rec Tumble & Rec Cheer

## Fitness & Flexibility Training

Offered to both competitive and non-competitive athletes.

Flexibility classes are geared towards "flyer" athletes, but are great for anyone interested in gaining flexibility. This 45 minute class includes circuits with stretches targeted at hip, shoulder, upper and lower back, quads, hamstrings and calves. Classes also include ab exercises which strengthen core muscles. Fitness testing is done monthly so that athletes can track their progress. Non-competitive athletes who wish to enroll in a flexibility class will be integrated into a class with competitive athletes.

Our fitness classes are also great supplemental training for cross-training. Most sports have one thing in common - strength and conditioning are required! Our fitness classes work to develop strength in all areas of the body through interval training. Sports are demanding - meet that demand by training your muscles! Whether you are in dance, synchronized swimming, gymnastics, hockey, Taekwondo, football, or another sport - our fitness classes will challenge you and keep you in great shape! Build strength and endurance with one of our fitness classes. Non-competitive athletes who wish to enroll in a fitness class will be integrated into a class with competitive athletes.

## Competitive Cheerleading

Competitive Cheerleading involves training 1-3 times per week depending on age and level. Programming is available for athletes born 2006-2021. Athletes must attend team placements to be placed on a competitive team. Routines include jumps, stunts, tumbling and dance components. Competitive athletes attend competitions and local performances. Athletes are required to attend clinics and choreography. Uniforms are required.

## Competitive Performance Cheerleading

Performance Cheerleading is a combination of dance and cheer. Athletes compete dance skills with the inclusion of sharp arm motions while holding poms. Competitive Performance cheerleading involves training once per week. Programming is available for athletes born 2008-2019. Competitive athletes attend competitions and local performances. Athletes are required to attend clinics and choreography. Uniforms are rental.

# Team Placements

*How do I join Competitive Cheer or Performance Cheer?*

## Attend Our Info Session

To learn and understand how teams are created and how routines are scored at competitions, one parent or guardian for each competitive family must attend one of our free information sessions.

NEW athletes | Sunday, June 9th | 2:00-3:00 pm  
RETURNING athletes | Sunday, June 9th | 3:30-5:30 pm

Register online at [www.griddercheer.com/book-online](http://www.griddercheer.com/book-online)

## Attend Team Placements

Attend team placements from June 10-14th, 2024.

Team placements are an opportunity for athletes to showcase their skills, and coaches to assess the ability and potential of athletes in order to properly place athletes on teams of similar skill set.

Register at [www.griddercheer.com/book-online](http://www.griddercheer.com/book-online).

## Receive Email Placement

Families will receive an email with details on the team placement of their athlete with practice times for the fall. At this time, parents will arrange to pay the Registration Fee.

## Attend Meet The Team & Registration Night

We kick the season off with a meet and greet of our team members! Parents will have the opportunity to fill out registration forms, waivers, and pay registration fees. Dates and times TBA.

*How are teams built?*

Cheerleading consists of stunts, tumbling, jumps, and dance. Performance Cheerleading consists of dance, sharp arm motions, leaps and turns. There are seven levels in Cheer and 7 age divisions in Performance Cheer. The age divisions and levels are designed for athletes to safely progress in stunting, tumbling, and dance.

Many factors are considered when placing athletes on teams. While individual skill sets are considered, the overall team success must be a leading factor. Teams will be filled based on positions needed, with priorities including building strong teams with all members being able to contribute, as well as what is best for athletes' long-term athletic development. More information will be shared at the parent information session mentioned above.

# Skills by Level

## Stunting

Level	Required Skills
1 Novice	Skills performed are below prep level and cannot bear weight.
1	Stunts performed at shoulder level or below. Advanced skills include 1/4 turn entries, tick tocks at prep level connected to ground, inversions were flyer enters upright position prior to skill, cradle catches.
2	Skills performed at extended level on 2 feet. Skills performed at shoulder level on 1 foot. Basket Tosses with no skills performed. Advanced skills include 1/2 turn entries, 1/2 turn tick tocks at shoulder level, other 1/2 twisting variations, inversions with connection to ground.
3	Skills performed at extended level on 1 foot. Basket Tosses with 1 skill. Advanced skills include full up to two feet extended or single leg at shoulder level, 1/2 up to single leg extended, switch up to shoulder level single leg, full down cradle from two foot extended or single leg at shoulder level, single twisting baha, inversion at shoulder height to extended body position, 360 tick tock at shoulder level.
4	Single dismount from extended single leg stunt, double down from shoulder level, switch up to extended single leg stunt, low to low tick tocks, low to high tick tocks, high to low tick tocs, released inversion variations to prep level, switch up full up to prep level



# Skills by Level

Tumbling



Level	Basic Skill	Advanced Skill	Technique
1	Back Walkover Front Walkover Cartwheel Round Off	Connect Multiple Skills Round Off Back Walkover Cartwheel Back Walkover Front Walkover Round Off Back Walkover	Skills performed with straight legs and pointed toes
2	Standing Back Handspring T Jump Back Handspring Back Walkover Back Handspring Round Off Back Handspring Front Walkover Round Off Back Handspring Skills must be performed consistently during moderate endurance training and to counts	Round Off Three Back Handspring Series Back Handspring Step Out to a Front or Back Walkover Connecting Basic Skills in Multiple Variations Front Walkover Round Off Series of Back Handsprings Skills must be performed consistently during moderate endurance training and to counts	Skills should be performed with legs together and straight. Landings from skills should be with feet together. Toes must be pointed during the entire skill
3	Standing Three Back Handsprings Round Off Back Handspring Back Tuck Toe Touch Back Handspring Skills must be performed consistently during moderate to high endurance training and to counts	Sequence of Three Jumps to Multiple Back Handsprings Front Walkover Round Off Back Handspring to a Tuck Punch Front Forward Roll Round Off Tuck/Back Handspring to a Tuck Back Handspring Toe Touch Back Handspring Skills must be performed consistently during moderate to high endurance training and to counts	Skills must be performed with straight legs and pointed toes Feet must land together Tucks must be performed with good body positions including a set with arms up and shoulders and head riding to the top, tight rotation and stuck landing
4	Standing Back Tuck - Must be able to stick multiple tucks in repetition Toe Touch Back Handspring Back Tuck Round Off Back Handspring Layout Standing 2-3 Back Handsprings to a Layout Skills must be performed consistently during moderate to high endurance training and to counts	Multiple Jumps to a Back Handspring Tuck - Jumps must be average or above average to correctly perform this skill Punch Front Step Out Round Off Back Handspring to a Layout Front Walkover Round Off Back Handspring to a Layout Running Whip to Layout Standing Back Handspring Whip to Layout Pass Standing Back Tuck Two Back Handsprings to a Layout Skills must be performed consistently during moderate to high endurance training and to counts	Tucks must be performed with good body positions including a set with arms up and shoulders and head riding to the top, tight rotation and stuck landing. Layouts must be performed in a hollow body position with legs straight and toes pointed. Skills must be performed consistently during moderate to high endurance training



# Types of Teams



## Novice

Novice is intended as an introduction to cheerleading with modified IASF Level 1 rules requiring fewer hours of instruction.

- Teams will not be scored but may receive evaluation via the Cheer Canada rating system.
- Novice teams may only be rated once during a single-day or multi-day event (i.e., 2-day, 3-day, etc)
- Cheer Canada recommends that Novice teams not travel out of province.
- Novice athletes may not crossover to All Star or Prep (with the exception of Performance Cheer)
- Practices should be limited to once per week

## Prep

Prep is intended as another opportunity to introduce the sport of competitive cheerleading. The routine is shorter at 2:00 with no tosses, and therefore, fewer hours of instruction are recommended.

- U6 and U8 Prep divisions will not be scored but may receive evaluation via the Cheer Canada rating system. All other prep age divisions may be scored and ranked.
- Prep teams will follow the IASF-level rules for their division. However, tosses are not permitted.
- Prep teams may only be rated/scored once during a single-day or multi-day event
- Cheer Canada recommends no travel outside of the program's province
- Cheer Canada recommends a simpler, less costly uniform
- Prep athletes may not crossover to All Star or Novice teams

## All-Star

All-Star is the competitive stream of cheerleading that involves multiple training days per week. The routine is 2:30 and may included tosses.

- All age divisions are score comparatively, meaning scores are dependance on the other teams they compete against on that day.
- All-Star teams may only be rated/scored on multi-day events.
- Interprovincial or international travel is allowed.
- Cheer to Cheer Crossovers are allowed.

## Performance Cheer

Dance training that involves 1 practice per week.

- Consists of choreographed dance that involves synchronized pom motions.
- Performance Cheer U8 and above can be rated/scored on multi-day events.
- Interprovincial or international travel is allowed for older age divisions.
- Cheer to Performance Cheer Crossovers are allowed.

## Travel Teams

Some teams may travel to competitions outside of our regular scheduled competition schedule.

- Athletes will indicate on their tryout form if they wish to participate on a travel team.
- Travel costs will be in addition to regular team tuition.

# Divisions & Age Grids

Below is a list of competitive Cheerleading and Performance Cheerleading teams we may offer. Birth Years follow the Cheer Canada Age Grid. All divisions and teams are tentative and final decisions will be made based on registration numbers. Divisions and Levels may change at any time throughout the year based on a team's progress and attendance.

























































































The eligible age for an athlete is determined by the BIRTH YEARS column in the division list. The age of an athlete is based on the year of Worlds; so, this year's Age Eligibility is based on 2025. Therefore, an athlete is age eligible if they are of the given age for that category at any time between January 1, 2025 and December 31, 2025.

Team Name	Cheer or Performance Cheer	Division & Level	Birth Years
Baby G's	Cheer	U6 Novice	2018-2021
Kickoff	Cheer	U6 Prep Level 1	2018-2021
Scrimmage	Cheer	U8 Prep Level 1	2016-2020
Spiral	Cheer	U8 All-Star Level 1	2016-2020
Blitz	Cheer	U12 Prep Level 1	2012-2017
Rush	Cheer	U12 All-Star Level 1	2012-2017
Spike	Cheer	U12 All-Star Level 2	2012-2017
Tackle	Cheer	U16 All-Star Level 2	2008-2013
Gridiron	Cheer	U16 All-Star Level 3	2008-2013
Lady G's	Cheer	U18 All-Star Level 4	2006-2011
Motion	Performance Cheer	U6 Prep	2018-2019
Formation	Performance Cheer	U8	2016-2019
Endzone	Performance Cheer	U12	2012-2017
Touchdown	Performance Cheer	U16	2008-2013
Halftime	Performance Cheer	U18 / Worlds	2009 or Earlier

\*\*One additional Elite Travel Team may be added based on interest.

# Competition Schedule

All performances and competitions are mandatory. There are no exceptions.  
Competition schedule is subject to change.

Team & Competition	Griddier Showcase February 1st, 2025	Best of the West (Moose Jaw) February 7th-8th, 2025	True North Cheer & Dance (Edmonton) February 28th-March 2nd, 2025	Warman Cheer Classic (Warman) March 7th-9th, 2025	SCA Provincials (Regina) March 15, 2025	Griddier Spotlight (Yorkton) April 5th, 2025	Cheerleading Worlds (Orlando) **Must Qualify April 25-28, 2025	Football Night in SK (Yorkton) Date TBA
Baby G's								
Kickoff								
Scrimmage								
Spiral								
Blitz								
Rush								
Spike								
Tackle								
Gridiron								
Lady G's								
Motion								
Formation								
Endzone								
Touchdown								
Halftime								

# Competitive Program Pricing

All performances and competitions are mandatory. There are no exceptions. Competition schedule is subject to change.

Payment Schedule Due Dates - All Applicable Taxes Included	Baby G's	Kickoff	Scrimmage	Spiral	Blitz	Rush	Spike	Tackle	Gridiron	Lady G's
Registration DUE 1st Day of Boot Camp										
Payment #1 DUE SEPT 1										
Payment #2 DUE OCT 1										
Payment #3 DUE NOV 1										
Payment #4 DUE DEC 1										

Payment Schedule Due Dates - All Applicable Taxes Included	Motion	Formation	Endzone	Touchdown	Halftime
Registration DUE 1st Day of Boot Camp					
Payment #1 DUE SEPT 1					
Payment #2 DUE OCT 1					
Payment #3 DUE NOV 1					
Payment #4 DUE DEC 1					

*Fees Include:*

- o Coaching Costs
- o Competition Fees
- o Choreography
- o Music Royalties
- o Guest Clinicians

*Fees Do Not Include:*

Sask Cheer / Cheer Canada Membership

Cheer:

- o Uniform (Ranges from \$130-\$400, used options may be available)
- o White Running Shoes
- o Bow

Performance Cheer:

- o Costume Rental (Ranges from \$50-\$80)
- o Jazz Shoes, Tights, & Hairpiece

# Travel Teams

Gridders Cheerleading will be offering 1 or 2 travel teams, depending on interest from members. Members must indicate on their tryout form if they are interested in being placed on a travel team.

When considering if you would like to be placed on a travel team, please be aware of the following:

- Only athletes eligible for U12 or older will be considered for travel teams.
- Travel Teams will not attend True North Cheer & Dance.
- Travel Teams may require additional practices on weekends to prepare for national or international competition.
- Travel costs are in addition to team fees, and would include airfare, accommodations, meals, and entertainment options, all of which would be paid directly by families.
- Competition registration, coaching travel costs, team activities, and team gear are also in addition to regular team fees and are invoiced to families.

## Options for Travel Competitions:

### • Canadian All-Star Nationals

The Canadian Cheer National Championships is a premier event taking place in Niagara Falls, April 4-6th 2025. National Championships showcases 8,000+ athletes from across the country to compete at All-Star Nationals, Canadian Finals and Canadian Worlds Face Off in one action-packed weekend!

<https://canadiancheer.com/events/nationals/>

### • Jamz Nationals

Experience an international competition under the lights of Las Vegas on February 16th & 17th, 2025. This two-run event will blow you away with the calibre of the experience!

<https://www.jamz.com/n/di-worlds-international-all-star-nationals>

### • The All-Star Worlds Cheerleading Championship

Compete against the best of the best at the 2024 Allstar World Championship, April 15-18th, 2025! \*\*Team must receive a bid for this event which would include team attending an additional interprovincial competition.

<https://theallstarworldchampionship.com/>



\*A final decision will be made by Gridders Cheerleading by September 30th, 2024.

# Additional Opportunities & Training

## Open Gym

Open Gym is an hour in the gym, once a week, where athletes can come to work on skills. Athletes can come to tumble, stretch, workout or stunt.

**Date TBA | Time TBA | Athletes born in 2013 or earlier**

**Date TBA | Time TBA | Athletes born in 2014 or later**

The hour-long period is slightly different than a practice or class. The time is self-directed and is meant for athletes to work on skills that need a bit more practice and repetitions. Athletes communicate with the coach what they want to work on, and the coach will help them to set up circuits or stations for tumbling, or provide feedback and assistance for stunting. Athletes may choose to come and work on their flexibility or do a self-directed workout as well. For our younger session, coaches will provide more instruction and hands on guidance to help athletes determine what they can be working on.

As a perk of being in the gym so often, we are offering this to our cheer to cheer crossover athletes for free! That's right - an hour every week for no charge! Our Cheer to pom crossover athletes will receive a 50% discount. For pricing for non-crossover athletes, see below.

## Pricing & Punch Passes

*Open Gym*

\$20 / session | Join us anytime - Pay as you go!

*Open Gym / 10 Punch Pass*

\$150 | Join us for 10 Open Gym Sessions - Pay once and pick when you come!  
Valid for 7 months

*Open Gym / 20 Punch Pass*

\$240 | Join us for 20 Open Gym Sessions - Pay once and pick when you come!  
Valid for 7 months

# Additional Opportunities & Training

## Indy's & Duos

This is a special division at some competitions in which athletes compete either a solo or duet tumbling routine. These divisions are designed specifically for athletes with exceptional tumbling technique, allowing them to showcase their skill set. Indy's and Duo's can be done at any level for ages 6+, but proper execution and showmanship are of the utmost importance.

Gridders Cheerleading will offer a select number of Indy's and Duo's to represent the Gridder gym. This means that spots will be limited. For anyone interested in the potential opportunity to compete with an indy or duo, please fill out the following application form. Please note that only athletes with exceptional tumbling execution will be selected for this opportunity.

## Pricing & Practice Schedule

The cost will range from \$900-\$1200 for the season and will include the following:

- Choreography (1 Hour)
- Competition Registration (3-4 competitions)
- 10 x 1 hour Practices (with all other indy/duo athletes)
- Music (Either a generic Gridder Track (cheaper) or a custom track with athlete(s) name(s) (More expensive)
- Coaching Costs at Competitions

\*Prices are per athlete, not per group.

\*Final pricing will be available once competition registrations are completed and music selections are made.

Choreography will take place likely on a Friday during the school day. Schedule will be released in October. The practice schedule will also be released in October.

Additional Rehearsals can be requested at the Private and Semi-Private Lesson rates.

If you are interested, please fill out the following application by September 27th.

*Apply Here!*

# Additional Opportunities & Training

## High Performance Summer Training

Athletes have the opportunity to participate in High Performance Summer Training throughout July & August.

Athletes must apply for this program and athletes will be selected based on position availability. Stunt groups will be created and athletes will train together for the duration of the summer.

Practice Dates: Wednesday, July 10th | 6:00-7:30 pm  
Wednesday, July 17th OR 24th | 6:00-7:30 pm  
Wednesday, July 31st | 6:00-7:30 pm  
Wednesday, August 7th | 6:00-7:30 pm  
Wednesday, August 14th | 6:00-7:30 pm

Training Camps: Friday, July 12th-Sunday, July 14th | Regina  
Friday, August 9th-Sunday, August 11th | Winnipeg OR  
Friday, August 16th-Sunday, August 18th | Winnipeg

Cost: \$900/athlete

Cost Includes:

- 5-6 x 1.5 hour practices
- Unlimited access to summer tumbling / fitness classes
- Travel & Accommodation Costs for 2 Away Clinics
- Registration for 2 Away Clinics
- Team Gear

*Apply Here!*





# Fundraising Opportunities

For the 2024.2025 season, fundraising is optional. You can pick and choose which fundraisers you want to participate in, or choose none at all. Consequently, there are no buyouts this year, nor will you receive a fundraising invoice.

When you participate in a fundraiser, a credit memo will be added to your account and the profit will either go to your oldest outstanding invoice, or stand as a credit on your account if your account is currently paid in full and will be applied to your next invoice. Fundraisers are set up so that the profit listed on the reference sheets is what you will receive as a credit. A portion of each fundraiser will go towards the gym. This portion has already been deducted from the profit amounts provided to you on the reference sheet.

Fundraisers may change from year to year, or throughout the year. Below is an outline of what fundraisers may run throughout the season.

## Monthly Fundraisers

- Harvest Meats | September
- Ogies Perogies, Ottenbreits Meats, & In Good Taste | November
- Liquor Raffle | December
- Harvest Meats | May

## Ongoing Fundraisers

15% of all orders placed on **Mabel's Labels** are issued as a credit towards your fees.

# Important Dates

## September 2024

*Tuesday, September 3rd* – 1st Day of Classes for Competitive Athletes

*Monday, September 9th* – 1st Day of Classes for Non-Competitive Athletes

*Friday, September 13th* - Sunday, September 15th - Skills Training Camp for Tackle (tentative), Gridiron, & Lady G's

*Friday, September 20th* – Sunday, September 22nd – Choreography for Spiral, Blitz, Rush, Spike, Tackle, Gridiron, & Lady G's

*Sunday, September 22nd* – Deadline for Harvest Meats Fundraiser

*Monday, September 30th* - PD Play Day Camp

## October 2024

*Wednesday, October 9th*– Harvest Meats Pickup Day

*Sunday, October 13th* – No Classes Due to Thanksgiving

*Monday, October 14th* – No Classes Due to Thanksgiving

*Friday, October 18th* – Sunday, October 20th - Choreography for Spiral, Blitz, Rush, Spike, Tackle, Gridiron, & Lady G's

**Date TBA – Choreography for Motion, Formation, Endzone, Touchdown, Halftime, Baby G's, Kickoff, & Scrimmage**

*Thursday, October 24th* – Wednesday, October 30th – Halloween Dress Up Week

*Thursday, October 31st* – No Classes Due to Halloween

## November 2024

*Monday, November 4th* - *Sunday, November 17th* – Operation Shoe Box Collection Week

**Date TBA – Choreography for Motion, Formation, Endzone, Touchdown, Halftime, Baby G's, Kickoff, & Scrimmage**  
*Friday, November 8th* – PD Play Day Camp

*Monday, November 11th* – No Classes or Bookings Due to Remembrance Day

**Date TBA – Clinic for ALL COMPETITIVE CHEER & POM TEAMS**

# Important Dates

## December 2024

*Friday, December 13th – Thursday, December 19th – Red & Green Week*

*Friday, December 20th - Gridder Christmas Party Location TBA (All Competitive and Non-Competitive Athletes & Coaches)*

*Monday, December 23rd – Saturday, January 4th – Christmas Holidays*

## January 2025

*Sunday, January 5th – Practices Resume*

*Monday, January 6th - PD Play Day Camp*

*Monday, January 13th – Friday, January 17th – Parent Watch Week for NON-Competitive Classes AND Blank Affirmation Hearts Sent Home With Athletes*

*Friday, January 17th – Sunday January 19th – Additional Practices as Needed*

*Friday, January 24th – Sunday, January 26th – Additional Practices as Needed*

*Monday, January 27th – Friday, January 31st – Valentine Affirmation Hearts Due*

*Friday, January 31st – PD Play Day Camp*

## February 2025

*Friday, January 31st – Sunday, February 2nd – Gridder Showcase @ Gridder Gym*

- All Competitive Cheer & Pom Athletes

*Friday, February 7th & Saturday, February 8th – COMPETITION – Best of the West @ Moose Jaw*

- Motion, Formation, Endzone, Touchdown, Halftime, Baby G's, Kickoff, Scrimmage, Spiral, Blitz, Rush, Spike, Tackle, Gridiron & Lady G's

*Monday, February 10th – Friday, February 14th – Red & Pink Dress Up Week*

*Saturday, February 15th – Saturday, February 22nd – No Practices Due To February Break*

*Tuesday, February 18th – Gridder Gym Sleepover – All Competitive & Non-Competitive Athletes*

*Sunday, February 23rd – Regular Practices Resume*

# Important Dates

## March 2025

Friday, February 28th – Sunday, March 2nd – **COMPETITION** – True North Cheer & Dance @ Edmonton

- Endzone, Touchdown, Halftime, Rush, Spike, Tackle, Gridiron & Lady G's

Friday, February 28th – Practices Tentatively Cancelled Due to Competition

Sunday, March 2nd – Practices Tentatively Cancelled Due to Competition

Friday, March 7th - Sunday, March 9th – **COMPETITION** – Warman Cheer Classic @ Warman

- Motion, Formation, Endzone, Touchdown, Halftime, Baby G's, Kickoff, Scrimmage, Spiral, Blitz, Rush, Spike, Tackle, Gridiron & Lady G's

Friday, March 7th – Practices Tentatively Cancelled Due to Competition

Sunday, March 9th – Practices Cancelled Due to Competition

Friday, March 14th - Saturday, March 15th - **COMPETITION** – SCA Provincials @ REGINA

- Motion, Formation, Endzone, Touchdown, Halftime, Baby G's, Kickoff, Scrimmage, Spiral, Blitz, Rush, Spike, Tackle, Gridiron & Lady G's

Monday, March 17th – Friday, March 21st – **TENTATIVE** Cheer & Pom Photos @ Gridder Gym (All Competitive & Non-Competitive Athletes)

Saturday, March 29th - **TENTATIVE** Gridder Spotlight @ YRHS

Sunday, March 30th – **TENTATIVE** Classes Cancelled for Floor Assembly & Gym Cleaning

## April 2025

Monday, March 31st - Friday, April 4th – Bring A Friend Week

Saturday, April 5th - **TENTATIVE** Gridder Spotlight @YRHS

Sunday, April 6th – **TENTATIVE** Classes Cancelled for Floor Assembly & Gym Cleaning

## May, June, & July 2025

•Spring Session – 6 Weeks – May & June

•Gridder Summer Send Off – Friday, June 6th

•Monday, June 9th – Friday, June 13th – Team Placements| 2025.2026 Season

•July Session – 4 Weeks – July

•August Session – 4 Weeks – August

•Summer Camp – 1 Week in July & 1 Week in August

# Gridder Cheer Policies

## Attendance Policy

### Objective

To ensure that all members of the cheerleading club are committed and maintain regular attendance to foster team cohesion, skill development, and readiness for performances and competitions. Competitive cheerleading requires teamwork and dedication from every team member to ensure both the success and safety of our athletes. When even one athlete misses practice, it impacts the training of 3-4 others, hindering the team's progress and causing frustration among those unable to participate fully. As athletes advance through the levels, the expectation for consistent attendance increases.

### Policy

#### Striving for Zero Absences:

- Athletes should strive for zero absences and only miss if absolutely necessary.
- Proper time management and prioritizing are expected.
- If an athlete reaches 5 absences, they may be removed from choreography.

#### No Refunds on Fees:

- There are no refunds on any fees paid if an athlete is removed from choreography due to attendance issues.

#### Coach's Discretion:

- Coaches reserve the right to move athletes out of stunts and choreography for any number of absences or for athletes not fully participating in practices.

#### Scheduling Vacations:

- We have several breaks in the season. Please see the calendar for dates when team training is canceled and book vacations during those times.

#### Injury Protocol:

- If you incur an injury that prevents you from practicing, you still need to attend your team practices to keep up with the routine and learn choreography and changes.
- Coaches can also assign conditioning and rehabilitation activities to allow for a smoother transition back into activities.
- See the following injury policy for further information.

#### Preparedness and Punctuality:

- Athletes must come prepared for practice and competition and arrive on time.

#### Commitment to Competitions:

- A full commitment to attend all competitions as scheduled is necessary.
- Failure to attend may result in removal from stunt groups, routine, and possibly the program.



# Gridder Cheer Policies

## Athlete Injury Policy

### Objective

Gridders Cheerleading is committed to the well-being and safety of our athletes. In the event of an injury, this policy outlines the procedures and expectations for athletes, their families, and the organization to ensure a safe and timely return to training and competition.

### Policy

#### 1. Attendance Expectations:

- If an athlete is unable to participate in regular training and competitions due to injury, they are still expected to attend practices. Athletes should actively observe and engage in activities that do not exacerbate their injury.

#### 2. Medical Documentation:

- In the event of an injury, athletes are required to provide a formal note from a medical professional detailing the nature of the injury and a potential return to training date. This documentation should be submitted to the coaching staff before their first practice post-injury.

#### 3. Modified Training:

- Athletes are expected to continue training in areas that do not impact the injured area. Coaches will work with athletes to develop modified training plans to facilitate recovery while maintaining overall fitness levels.

#### 4. Rehabilitation:

- Athletes and their families are responsible for proactively seeking rehabilitation for the injury. Rehabilitation may include but is not limited to physiotherapy, massage therapy, chiropractic care, and other appropriate forms of treatment to expedite the recovery process.

#### 5. Concussion Protocol:

- In the event of suspected concussions, athletes are required to wear a soft helmet for a minimum of two practices upon returning to activity. Soft helmets can be provided by the gym, or athletes may choose to purchase their own. This precaution is taken to ensure a safe and gradual return to full participation.

#### 6. Responsibility of Athletes and Families:

- Athletes and their families are expected to communicate openly with coaches and provide updates on the progress of the injury and rehabilitation efforts. This collaboration is essential for the coaching staff to make informed decisions regarding the athlete's return to full participation.

#### 7. Return to Play Evaluation:

- Prior to resuming full training and competition, athletes must undergo a comprehensive evaluation by the medical professional who provided the initial injury documentation. The final decision on returning to play will be made in consultation with the coaching staff.

#### 8. Review and Amendments:

- This policy will be reviewed periodically to ensure its effectiveness. Any necessary amendments will be made in consultation with relevant stakeholders.

By adhering to this Athlete Injury Policy, Gridders Cheerleading aims to create a safe and supportive environment that promotes the well-being and optimal performance of all athletes.



# Gridder Cheer Policies

## Communication Policy

All communication between Gridders Cheerleading will be done through WhatsApp and Email.

WhatsApp: Parents may communicate with coaches on Whatsapp as long as they are appropriate and quick messages that are time sensitive such as drop off or pick up information.

Email: Any concerns or other questions should be emailed to the gym.

**Programming Information or Athlete/Coach Concerns -**  
raidergriddercheerleading@gmail.com

**Invoice, Payment or other Financial Questions -** admin@griddercheer.com

A reminder that all communication must be respectful. Gridder Cheer will respond within 24-28 hours depending on the urgency of the matter.

Meetings can be requested with a coach by sending an email. The owner will be present for all meetings with coaches. Parents are welcome to speak with their child's coaches briefly before or after practice provided it is in a positive, constructive and professional manner. There may be times where the coach has back to back coaching sessions and may be unable to have a conversation immediately. If you feel the conversation will be lengthy, please email to set up a meeting.

## External Policies

Athletes and parents are expected to adhere to all Saskatchewan Cheerleading Association policies. You can find these at [www.sca.ca](http://www.sca.ca).

## Logo Use Policies

The use of the Gridders Cheerleading logo or name by parents or athletes for any purpose, including but not limited to fundraising, advertising, and the production of clothing or merchandise (such as fan wear or training gear), is not allowed without written consent from Gridders Cheerleading Ltd.



# Gridder Cheer Policies



## Fee & Refund Policy

### Objective

In consideration of the time intensive and intricate process related to team selection, corresponding gym scheduling and routine planning and choreography, this Policy establishes a fee payment and refund schedule that is predictable and fair for parents/guardians of athletes and for Gridder Cheer.

### Applicability

This Policy applies any time an athlete is enrolled in a Gridder Cheer program where more than one session is scheduled as part of the athlete's programming.

### Policy

1. Fees will be set annually, at the discretion of Gridder Cheer.
2. In the event that an athlete discontinues training with Gridders Cheerleading for any reason, the athlete and/ or parent is required to submit a formal notice of discontinuation, and any and all outstanding amounts owed to the date of discontinuation must be paid in full.
3. Recreational Athletes: Recreational athletes are considered athletes who participate in programs that do not attend SCA sanctioned competitions.
  - a. Once an athlete has been registered in a recreational program for the upcoming season, fees will be refunded by Gridder Cheer on a prorated basis, less a 20% Administrative fee.
  - b. The prorated schedule will be based on a full season consisting of 24 sessions for full year programs and 12 sessions for half year programs.
  - c. For example, a full year athlete whose full paid fees are \$500 annually and gives notice of discontinuation after 3 sessions before withdrawing will be entitled to a refund of \$337.50 ( $\$500 - (3 / 24 \times \$500) - \$100$ ).
4. Competitive Athletes: Competitive athletes are considered athletes who participate in programs that attend at least one SCA sanctioned competition in the season.
  - a. If an athlete has not yet been placed on a team for the upcoming season, Gridder Cheer will issue a full refund of fees paid in advance for that program.
  - b. Uniform costs must be paid if uniforms have been ordered from the supplier by Gridder Cheer.
  - c. Fees must be paid according to the dates listed in Appendix 1 - Fee Structure.
  - d. In the event that an athlete discontinues programming with a competitive program with Gridder Cheer, the following additional fees will be added to their existing invoice:
    - i. After September 1st: \$100 discontinuation fee
    - ii. On or after the first day of team choreography: an additional \$200 choreography fee
5. Competitive athletes will **NOT** be eligible for any refund after December 31st of each season.
6. Late registrations of returning athletes will not be prorated.



# Why Gridder Cheer?

**If you are deciding whether our program is for you, consider a few things that are integral to our program. If you still have questions after reviewing this handbook, please reach out to us!**



## Physical Fitness

### *A Healthy Activity for Youth*

Cheerleading is an excellent form of physical activity because it combines elements of dance, gymnastics, and strength training, providing a comprehensive workout. It enhances cardiovascular health, builds muscle strength, and improves flexibility through dynamic routines and stunts. The sport also promotes coordination, balance, and endurance, contributing to overall fitness. Additionally, the teamwork and discipline involved in cheerleading foster a sense of commitment and motivation, making it an engaging and effective way to stay active.



## Inclusive

### *A Place For Everyone*

Cheerleading is inclusive because it welcomes participants from diverse backgrounds, genders, and skill levels, fostering a supportive and collaborative environment. The sport offers a variety of roles and skills, including dance, gymnastics, and stunting, allowing individuals to contribute in different ways based on their strengths. Additionally, cheerleading programs often provide accessible opportunities and resources, promoting personal growth and teamwork. This inclusive nature ensures that everyone, regardless of their abilities or experiences, can find a place and thrive within cheerleading teams.



## Confidence & Community

### *Be Part of Our Family*

Cheerleading builds confidence and community by fostering a supportive environment where team members encourage and uplift each other. Through mastering complex routines and performing in front of audiences, individuals gain self-assurance and a sense of accomplishment. The collaborative nature of the sport requires trust and communication, strengthening bonds among teammates and creating a strong sense of belonging. This camaraderie and mutual support not only boost individual confidence but also cultivate a cohesive and inclusive community.

*We look forward to you  
joining our family!*

We invite you to join our cheerleading team, where you'll become part of a vibrant community that celebrates inclusivity, skill development, and personal growth. Whether you're new to cheerleading or have years of experience, our team offers a welcoming environment where everyone can thrive. Here, you'll build confidence through exciting performances, develop diverse athletic skills, and form lasting friendships with supportive teammates. Most importantly, you'll have fun while being part of a dynamic and enthusiastic group. Come be a part of our cheerleading family and experience the joy and camaraderie that make our family truly special!



## ***CONTACT US***

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