

COMPETITIVE PERFORMANCE CHEER (DANCE) REGISTRATION PACKAGE

2023-2024

UPDATED AUGUST 1, 2023 - SUBJECT TO CHANGE

WE'VE EXPANDED!!



BOSS Athletics Unit D 637 Dewdney Ave. E Regina, SK S4N 4E9 (306) 347-2677

WE'RE BOSS

WELCOME

Welcome to Boss Athletics – the home of hard work, empowerment and positive interactions! We are very excited for our sixth season and look forward to growing our Boss community of encouragement where young athletes of all abilities can achieve their dreams.

While All Star Cheerleading and Dance has quickly grown in Canada, each gym runs their programs differently. At Boss Athletics, our focus is to build a community of athletes who are not only proud of themselves but proud of their peers' accomplishments. We lead through positive reinforcement. We believe in kindness, humbleness, and empowerment, with our focus always on the safe and strong development of our athletes in this amazing sport.

With Boss Athletics, athletes will gain life lessons that they will take with them far beyond their years in cheerleading and dance. Athletes achieve success by gaining confidence and building life-long friendships. Our focus is on developing a strong work ethic and understanding that a team is only as successful as their work together to achieve a common goal. Dream bigger at Boss!

MISSION

At BOSS, we strive to be a front-runner in the athletic industry by providing an inclusive environment where we empower athletes to grow, establish friendships, and achieve goals in a positive and uplifting athletic environment.

WHY BOSS?

Boss Athletics is not just a gymnasium; we are a brand. A brand that symbolizes self-empowerment and allows everyone, to take part in the positive movement. We are heavily involved in giving back to the community through our "Boss Gives Back" initiative, which keeps the positive momentum moving in our building and allows us to connect with the community. Another thing we take pride in at Boss is our Athlete Mentorship Program, which aims to create close relationships in a supportive environment through partnering older athletes with younger athletes in the gym each season.

FEATURES

- Boss Athletics is conveniently located in East Central Regina.
- We are the front-runner in the industry with a newly developed gymnasium featuring a full, regulation size sprung floor. We are a well-equipped facility with state-of-the-art tumbling equipment.
- High quality, certified coaches with experience in all areas of cheerleading, dance and gymnastics to safely and effectively teach proper technique and execution of skills.
- Leaders with sport-specific knowledge (choreography, judging, competitive production).
- A variety of classes from team programming, movement classes, tumbling classes, and private skill-building sessions.
- Continuous gym and family fun events!

NEWLY EXPANDED FACILITY - TWO FLOORS, TWO SEPARATE GYM SPACES!!

COMPETITIVE PERFORMANCE CHEER (DANCE)

HOW DO I JOIN A COMPETITIVE DANCE TEAM?

Attend team placements to be placed on a dance team!

WHAT ARE TEAM PLACEMENTS?

All athletes interested in joining a competitive Dance team must attend placements for the team style(s) (pom or hip hop) they are interested in joining. All athletes make a team as long as they are age eligible, excluding our Open Worlds Pom team Desire, which is a tryout-based team. Team placements are a fun way to experience the gym atmosphere, tryout the dance style(s) you/your athlete is interested in, and meet the coaches and fellow athletes in a friendly and inclusive environment.

TEAM PLACEMENT INFORMATION

Date for all teams excluding Desire: Sunday, August 27th, 2023

Dates for Desire: Thursday, August 24th and Sunday, August 27th, 2023

Where: Boss Athletics (Unit D - 637 Dewdney Avenue East)

How to sign up:

- Visit our website at www.boss-athletics.com
- Click "Register for 2023-2024 competitive dance placements"
- Select your age group and preferred team placement time based on options available.

If you are unable to attend our team placement dates, please contact the gym at info@boss-athletics.com to setup an individual tryout.



DIVISIONS

We offer competitive Pom & Hip hop teams. Dance team offerings are subject to change. All teams have a minimum registration requirement to run. See below for the styles and age divisions we offer at Boss:

TEAM NAME	STYLE	AGE DIVISION	ELIGIBLE BIRTH YEARS
Dazzle	Pom	U8	2015 - 2019
Chic	Pom	U12/U16*	U 12 - 2011 - 2016 U16 - 2007 - 2012
Versace	Нір Нор	U16	2007 - 2012
Desire	Pom	Open	2008 or Earlier

WHAT IS POM?

Pom Incorporates the use of Pom motion technique that is sharp, clean and precise while allowing for the use of concepts from Jazz and cheerleading. Athletes hold pom pons throughout the routine. An emphasis is placed on dancing as a team which includes development of skills such musicality, synchronization, uniformity, spacing and other technical dance skills such as jumps, kicks, and spins.

WHAT IS HIP HOP?

Hip Hop Incorporates authentic street style influenced movements with groove and style. An emphasis is placed on dancing as a team which includes development of skills such as musicality, synchronization, uniformity, spacing and various hip-hop styles.

HOW IS PERFORMANCE CHEER DIFFERENT THAN STUDIO DANCE?

"Performance Cheer" is a stream of dance governed by Cheer Canada. Performance cheer utilizes many similar techniques and skills generally learned in a dance studio, however, the emphasis on Performance Cheer is the team aspect. Many unique opportunities exist through the Performance Cheer stream such as competing at cheer competitions, and high-level opportunities such as the Dance World Championships. Performance Cheer is scored on a pre-determined scoresheet at competition, similar to cheerleading. Performance Cheer exists under the Cheer Canada umbrella, and has been recognized as a sport in most Canadian provinces, including Saskatchewan.

I ATTENDED TEAM PLACEMENTS - WHAT'S NEXT?

Following the conclusion of team placements, you/your athlete will receive an email to verify your/your athlete's position on their age eligible performance cheer team. Athlete's will need to bring their guardians to their first practice time to complete registration, and get sized for a uniform and track suit.

WHAT TO EXPECT AT REGISTRATION NIGHT

We recommend that athletes wear tight fitting active clothing for accurate sizing.



Step 1: What you will need to bring:

- Your athlete's health card
- Any medical/emergency contact information
- Payment for registration fees and uniform (due in full at Registration Night)
- Credit card for Boss credit card authorization form



Step 2: You will need to fill out the following forms (available at the gym):

- Form completion
- Policy review
- Registration fee and uniform payment/accounting



Step 3: Get your athlete sized for their uniform and tracksuit (sizers will be at the gym).



Step 4: You are now registered! Welcome to Boss!





COMPETITIVE DANCE TRAINING SCHEDULE

TRAINING - SEPTEMBER 6th, 2023 - MARCH 31st, 2024

- Training for all dance teams is one hour per week (excluding Desire)
- Desire will train twice per week with acro included
- All training times are mandatory please see Page 12 for our detailed attendance policy that all competitive athletes are required to follow:

TEAM/LEVEL	EXCUSED ABSENCES ALLOWED
DAZZLE, CHIC, VERSACE	FALL (September-December): MAXIMUM of 1 excused absence
DAZZIL, CI IIC, VENSACE	Winter (January-March): None
DECIDE	Athletes are expected to be in attendance at all times unless there is a severe
DESIRE	illness or emergency.

Boss Athletics believes in athletes maintaining a "dance-life" balance. Please see the gym closure dates on Page 11 for the dates appropriate for booking family holidays.

TRAINING SCHEDULE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAZZLE		6:30 pm - 7:30 pm BLACK GYM					
СНІС		7:30 pm - 8:30 pm BLACK GYM					
VERSACE		5:30 pm - 6:30 pm BLACK GYM					
DESIRE		8:30 pm - 10:30 pm BLACK GYM			8:30 pm - 10:30 pm PINK GYM		



COMPETITION SCHEDULE

All showcases and competitions are mandatory - no exceptions. Competition schedule is subject to change as per competition availability.

Competition Schedule	Spotlight (Boss Showcase) December 17, 2023	Best of the West (Moose Jaw) February 10, 2024	Warman Cheer Classic (Warman) March 8-10, 2024 TBD	Saskatchewan Provincials (Saskatoon) March 16, 2024	Cheerleading Worlds (Orlando, Must Qualify) April 2023 TBD
DAZZLE			<u></u>		
CHIC	Ŵ)				
VERSACE	W				
DESIRE	Ŵ)		Ŵ.		W)



PRICING (BEFORE TAXES)

Required 2023-2024 Investment	DAZZLE	СНІС	VERSACE	DESIRE
Registration Fee	\$300.00	\$300.00	\$300.00	\$300.00
Annual Tuition	\$600.00	\$675.00	\$675.00	\$950.00
Uniform Fee	\$250.00	\$250.00	\$250.00	\$250.00
Track Jacket	\$80.00	\$80.00	\$80.00	\$80.00
Poms and Accessories	-	-	-	\$130.00
TOTAL	\$1,230.00	\$1,305.00	\$1,305.00	\$1,710.00

Please note – Registration fee and annual tuition are subject to GST. Uniforms, track jackets, and poms/accessories are subject to GST and PST. Registration Fees are due at Registration. Athletes will not be permitted to begin training until registration fees are paid. If your athlete already has the required Hip Hop shoes, your uniform fee will be discounted.

All uniforms will be on a two year cycle. This means new performance cheer uniforms will only need to be purchased once every other year.

- Desire will be on year two of the cycle for the 2023-2024 season.
- Dazzle, Versace, and Chic will be on year one of the cycle for the 2023-2024 season.

All tracksuits will be on a four year cycle and are the same club-wide. This means new track jackets will only need to be purchased every four years. Jackets are included in fees and pants are NOT mandatory, but can be purchased for an additional cost if desired.

Desire's pom and accessory cost includes one set of competition poms, one set of practice poms, and uniform accessories for competition.

The above **tuition** prices include:

- Safe, quality coaching
- Club photos (team and individual)
- Competition music
- Scheduled team practices
- Pom rental (Desire athletes will have their own poms included)
- Club practice t-shirt
- In-province competition registration fees
- In-province coaches' travel fees
- Subsidized team bonding activities

The above **tuition** prices do not include:

- Jazz shoes for pom teams
- Competition makeup
- SCA and Cheer Canada membership fees (~\$25)
- Additional custom team merchandise for out of province competitions
- All costs associated with out of province competitions
- Accommodations and travel to in province (out of city) competitions

WHAT YOU SEE IS WHAT YOU PAY

We believe in cost transparency. What you see here, is what you pay for the entire season! That means there are **no surprise invoices or hidden costs** later on.

ESTIMATED OUT OF CITY/PROVINCE COMPETITION COSTS

EVENT	ESTIMATED COST/EXPENSES PER ATHLETE	TEAMS ATTENDING
Warman Cheer Classic	Personal accommodations and transportation (athletes/families to book)	DAZZLE, CHIC, VERSACE, DESIRE
Saskatchewan Provincials	Personal accommodations and transportation (athletes/families to book)	DAZZLE, CHIC, VERSACE, DESIRE
Cheerleading Worlds	Approx. \$3,000 (booked by gym)	DESIRE – Upon obtaining a bid

BOSS athletes are expected to travel and stay together as a team for all out of province competitions. Please see our Travel Policy on Page 18 for more details.

FUNDRAISING

BOSS Athletics has a fundraising committee which hosts numerous OPTIONAL opportunities for athletes and families to fundraise. All fundraised money goes **directly** to athletes accounts to help subsidize their annual fees and/or travel expenses.

PAYMENT INFORMATION

All payments can be made by cash in person at the gym, cheque, credit card, or e-transfer to **info@boss-athletics.com** either upfront, or in monthly scheduled payments as noted in the Payment Information on Page 10. Please note that athlets will not be permitted to begin training until registration fees are paid in full.

CROSSOVER RATE

If a competitive cheerleading athlete would like to crossover to a competitive dance team, they will receive a 25% discount on the dance annual **tuition** (not registration or uniform fees). Athletes crossing over to multiple dance teams (non-cheer athletes) will receive a 15% discount on their annual tuition.



PAYMENT SCHEDULE (AFTER TAXES)

Payment Schedule Due Dates - All Applicable Taxes Included	DAZZLE	СНІС	VERSACE	DESIRE
Registration - Due Registration Night	\$315.00	\$315.00	\$315.00	\$315.00
Track Jacket - October 1st	\$88.80	\$88.80	\$88.80	\$88.80
Tuition Payment 1/4 - October 1st	\$226.88	\$246.56	\$246.56	\$354.83
Tuition Payment 2/4 - November 1st	\$226.88	\$246.56	\$246.56	\$354.83
Tuition Payment 3/4 - December 1st	\$226.88	\$246.56	\$246.56	\$354.83
Tuition Payment 4/4 - January 1st	\$226.86	\$246.57	\$246.57	\$354.81
TOTAL	\$1,311.30	\$1,390.05	\$1,390.05	\$1,823.10

Please note – Registration fee and annual tuition are subject to GST. Uniforms, track jackets, and poms/accessories are subject to GST and PST.



IMPORTANT DATES

BOSS FAMILY AND FUN EVENTS

Keep your eye on our social media pages for dates of the following events:

EVENT	DATE
Parent Watch Weeks	Summer/Fall Training
Boss Gives Back Initiatives	Ongoing
Boss Buddy Program	Ongoing
Pride Parade	June
Combined Club Practices	Seasonal
Parent Appreciation Week	Surprise!
Club Photo Day	March
Bring a Friend Day/Week	March/April
Pretty in Pink Year End Banquet	May

GYM CLOSURES

Boss Athletics believes in athletes maintaining a "cheer-life" balance. Please see the following gym closure dates to help plan family holidays.

EVENT	CLOSURE DATES
Canada Day Long Weekend	Friday, June 30th, 2023 to Sunday, July 2nd, 2023
Saskatchewan Day Long Weekend	Saturday, August 5th, 2023 to Monday, August 7th, 2023
Labour Day Long Weekend	Friday, September 1st, 2023 to Monday, September 4th, 2023
Thanksgiving Day Long Weekend	Sunday, October 8th, 2023 to Monday, October 9th, 2023
Remembrance Day	Saturday, November 11, 2023
Winter Holiday Break	Wednesday, December 20th, 2023 to Tuesday, January 2nd, 2024 Practices resume Wednesday, January 3rd, 2024 NOTE - These dates do not align with the school schedule. They were designed to give athletes a break after the showcase and still have two weeks of training before their first competition of the season.
Family Day Week	Saturday, February 17th, 2024 to Friday, February 23rd, 2024 Practices resumeSaturday, February 24th, 2024. NOTE - Infalliable will be competing at Jamz in Las Vegas during this week.
Easter Long Weekend	Friday, March 29th, 2024 to Monday, April 1st, 2024



ATTENDANCE POLICY

All practices, camps, choreography, and competitions are **mandatory**. When accepting a placement on a BOSS Athletics team, the athlete is expected to commit to always be present to enable the whole team to be successful. Missing or inconsistently attending athletes heavily affects the whole team.

Our attendance policy at BOSS Athletics is:

TEAM/LEVEL	EXCUSED ABSENCES ALLOWED
DAZZLE, FIERCE, VERSACE, GUCCI GANG	FALL (September-December): MAXIMUM of 1 excused absence
DAZZEL, FILIKOL, VEKSACL, GOCCI GAING	Winter (January-March): None
DESIRE	Athletes are expected to be in attendance at all times unless there is a severe
DESIKE	illness or emergency.

Advance written notice of any absence must be submitted on an absence request form, and submitted to the office a minimum of 48 hours in advance (unless it is an emergency or severe illness). All absences must be approved by admin. Athletes are expected to learn all material covered during an absence. If an absence is unapproved, the athlete is still expected to attend the practice. Absence request forms can be found on the website, and are preferred to be submitted via email.

No unexcused absences will be tolerated. Athletes will be placed on probation in the event they have an unexcused absence. If an athlete is placed on probation due to attendance issues and have an additional unexcused absence, they will risk their position on their team. This means they may be placed in an alternate position or removed from the team. If an athlete is unable to participate at practice due to an illness or injury, they are still expected to attend practice and modify their training. See injury policy for more details on injuries. Failure to attend a competition (with or without notice) may result in the athlete being placed as an alternate, or removed from their spot on the team.

EXAMPLES OF EXCUSED/APPROVED ABSENCES	EXAMPLES OF UNEXCUSED/NON-APPROVED ABSENCES
Severe or contagious illness	Parties or gatherings
Family emergency	Work or other scheduling conflicts
Mandatory academic obligation	Homework catch-up or studying

COMMUNICATION POLICY

All communication must be done through the gym email info@boss-athletics.com Cheer/Boss/Athlete related text messages, Facebook messages, Instagram DM's or snap chat messages will not be responded to. If you have any questions or concerns about your athlete's coach, team or teammates, please first contact the gym's email address. We are committed to appropriate conflict resolution, and will do everything in our power to address any concerns swiftly. All contact must be respectful. Verbal abuse and/or harassment of any kind will not be tolerated and may result in dismissal from the gym. A 24 hour cool down period shall follow an issue to contact any Boss staff to ensure communication occurs in a respectful and positive manner. Parents are welcome to speak to their child's coach(es) briefly 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 there are concerns, please contact the gym to arrange a meeting with the owners, and the coach. Unscheduled walk-in meetings with any coach/owner are not permitted. Breach of this policy may result in dismissal from the gym.

CONFLICT OF INTEREST POLICY

To ensure program focus, and not to place the individual in an undesirable situation, Boss coaches shall not coach for other clubs.

DRESS CODE POLICY

Participants are expected to wear proper active wear and appropriate footwear for every practice. Street clothes are not allowed. Long hair must be tied back in a ponytail and all jewelry must be removed except for medical alert bracelets.

EXTERNAL POLICIES

Participants are expected to adhere to all Saskatchewan Cheerleading Association policies.





EXTERNAL TEAM ACTIVITY POLICY

Coaches and or team parents may organize team activities throughout the season. These activities are not mandatory to attend however the event organizer may require financial investment for the activity. Note that any additional expenses of this nature are not included in your annual tuition fees.

FIT FOR PARTICIPATION / SUBSTANCE POLICY

All athletes, coaches, volunteers, and chaperones must ensure they are fit for participation for all practices, competitions, and events. As such, all athletes and coaches will refrain from the use of illegal substances at all times and will only use legal substances in a legal and responsible manner. Alcohol and other substances will not be permitted prior to or during competitions or practices. Remember that both legal and illegal substances can impact your ability to safely participate, putting your fellow athletes and coaches at risk. Any person found in violation of this policy will be sent home from competition or practice immediately at their own expense and risk removal from the club. In the event that BOSS athletics coaches or staff deem an athlete to be physically unable to participate safely for any reason, coaches and staff reserve the right to request medical clearance before continuing participation.

HARASSMENT & BULLYING POLICY

Boss has zero tolerance for bullying and/or harassment, in person or online. This includes offensive or derogatory comments and/or the poor treatment of other participants, coaches, parents, or spectators both within and outside of the club. This type of unacceptable behaviour is also defined in the Saskatchewan Cheerleading Association's Code of Conduct Policy applicable to all athletes, parents, coaches, officials, and spectators. Failure to comply with these policies will result in the movement of the participant to an alternate position, or removal from the team or club as deemed by Boss Leadership.

All **reported** instances of harassment and bullying will dealt with appropriately by Boss coaches and leadership based on each individual situation. Please note that situations can only be dealt with when they are brought to the attention of a Boss staff member

INJURY POLICY

If unable to participate in practice due to an injury, athletes are still expected to attend practices to watch or do as much as they can. If an injury occurs outside of cheer, athletes are required to provide a formal note from a physiotherapist which explains the injury, along with when they may return to training. Athletes are still expected to train while avoiding the area of injury. Athletes and their families will be expected to proactively seek rehabilitation for the injury in all possible forms (physio, massage, chiro etc) to enable the athlete to return to training as soon as possible. In the event that an athlete does not provide a medical note, they will still be required to train at full capacity.



FOOD & DRINK POLICY

All food and drink must be kept in tightly sealed containers with participants' personal belongings.

BOSS is a nut-free facility; no nuts of any kind are permitted. Food and/or drink is not permitted on the sprung floor with the exception of water contained in tightly sealed water bottles.

LATE FEE/REFUND POLICY

LATE FEES

All monthly fees that are unpaid by the 15th of the month will incur a \$25 + GST late penalty. Fees outstanding on the 15th of the month result in athlete being required to sit out at practice and may impact their participation at upcoming competitions. Athletes will not be given their competitive uniform until all outstanding uniform and tuition fees are paid in full. All NSF payments will be subject to a \$25 + GST charge. Athletes will not be permitted on traveling trips until both the season and travel fees are paid in full.

REFUND POLICY

All fees, once paid, are non-refundable. If wishing to discontinue training/classes at BOSS Athletics, any and all outstanding fees including uniform, tuition, travel and so on MUST be paid to the gym in full as per the payment schedule and the date of discontinuing. Uniform and clothing fees are non-refundable and may not be used as credit towards outstanding tuition payments.

CANCELLATION/DISCONTINUATION POLICY

In the event that an athlete discontinues training with Boss athletics 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. Please see the following discontinuation payment schedule:

DATE	FEES RESPONSIBLE FOR
On or before the first scheduled day of training	Registration Fee Uniform Fee
Between the first scheduled day of training and the first day of scheduled Fall training	Registration Fee Uniform Fee All payments due up to the day of the cancellation/discontinuance based on the Payment Schedule on Page 11 \$200 discontinuation fee
On or after the first day of scheduled team choreography	Registration Fee Uniform Fee All payments due up to the day of the cancellation/discontinuance based on the Payment Schedule on Page 11 \$400 discontinuation fee



LOGO USAGE POLICY

The Boss Athletics logo is owned by Boss Athletics INC. Any use of the logo by members for any reason including but not limited to: Fundraising, Advertising, clothing/item production (fan wear, training wear, track suits etc.) is not permitted unless express written consent is obtained from Boss Athletics INC.

MEETING POLICY

In the event there is a conflict that requires an in-person meeting between athletes, coaches, and or/the owners, BOSS Athletics reserves the right to record meeting minutes and/or record the meeting to keep accurate and factual records of all interactions. All participants will be reminded of this policy at the start of all meetings.

REFUSAL OF POLICY

Boss Athletics reserves the right to refuse service at any point to athletes/families that do not adhere to Boss Athletics policies.



SPORTSMANSHIP POLICY

All BOSS participants (and family members) must demonstrate exemplary sportsmanship and respect for all others, including all fellow athletes, coaches, owners, parents, officials, spectators, and event staff both from BOSS and other clubs/teams. Offensive comments or language, whether intentionally hurtful or not, are unacceptable. Participants must display and project a favourable image of the club and the sports of Cheerleading, Dance and Tumbling. Participants must contribute to a safe environment for positive learning, development, fitness, and competition for all athletes and coaches.

TRAVEL POLICY

IN PROVINCE

Athletes/families are responsible for all travel and accommodations within Saskatchewan (Winter Knockout, BOTW, WCC, Provincials). These travel costs are not included in the annual fees.

EDMONTON/COLDSNAP AND WORLDS TRAVEL POLICY

BOSS athletes are expected to travel and stay together as a team for the Coldsnap competition in Edmonton and Worlds. Prior to team travel competitions, detailed information will be provided. These travel/accommodation costs are not included in the annual fees.

Athletes will be required to sign an athlete code of conduct contract prior to traveling with their team, that if broken, athletes will be sent home at their own expense.

In the event of an emergency where medical attention is required, the athlete/their family is responsible for any cost incurred and will be invoiced following the competition.

All travel fees must be paid before travelling to these competitions.

OTHER OUT OF PROVINCE COMPETITIONS POLICY

Athletes/families are expected to book their own travel and accommodations (as per the requirements outlined by Boss for that specific competition). Athletes will be required to travel to the competition with their own parent/guardian (if a minor). Boss will provide detailed information prior to the competition of specifics of when and where athletes are required to be present during the trip. Please note that athletes will not be under the supervision of Boss staff at times beyond times outlined in the Boss travel and competition itinerary.

WEEK OF COMPETITION POLICY

Athletes who are not present or able to participate at practice the week of competition (for any reason), coaches reserve the right to replace their position without notice.





SEE YOU SOON!

BOSS Athletics Unit D/E 637 Dewdney Ave. E Regina, SK S4N 4E9 (306) 347-2677

info@boss-athletics.com

boss-athletics.com