



# COMPETITIVE CHEERLEADING REGISTRATION PACKAGE

## 2024-2025

UPDATED APRIL 22, 2024 - SUBJECT TO CHANGE

BOSS Cheer Athletics  
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# WE'RE BOSS

## WELCOME

Welcome to Boss Cheer Athletics – the home of hard work, empowerment and positive interactions! We are very excited for our seventh 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 Cheer 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 Cheer 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.

## CORE VALUES

Here at Boss, all decisions we make are guided by our 5 core values. These values have real life applications for staff, parents and athletes within our program.

**Devotion** - Competitive cheerleading requires athletes and families to be devoted to their practice attendance, devoted to building the best version of them/their athlete by taking necessary steps to improve outside of the gym by stretching, conditioning and fueling their bodies. For the best chance of success, athletes also need to be devoted to the team by considering "we before me". We may need to step back and look back at the bigger picture at times and know what is best for the collective, rather than the individual.

**Respect** - Who we are and who we become is important. Approaching all interactions with respect creates a safe environment for everyone to grow and feel valued.

**Empowerment** - We foster confidence, leadership and teamwork among athletes and coaches. It's about giving each member the tools and support they need to excel both individually AND as part of the team. We empower each athlete to reach their full potential, and create a safe place where athletes can contribute positively to the culture of the gym.

**Accountability** - We will always work hard to achieve our goals and hold ourselves and one another accountable. We strive for self-discipline and lean on one another and our coaches to make ourselves better.

**Mastery** - We strive for excellence by working to understand the mechanics of each skill, developing versatile and well-rounded athletes, and the ability to adapt and innovate within routines. We are continuously pushing boundaries of what is possible in this sport by ensuring athletes are fully competent in their respective level by being able to perform all skills with precision, safety and confidence.

**DREAM BIGGER  
AT**



**BOSS**

# WE'RE BOSS

## WHY BOSS?

Boss Cheer 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 sessions.
- Continuous gym and family fun events!



# CHEERLEADING

## COMPETITIVE CHEERLEADING

### HOW DO I JOIN COMPETITIVE CHEERLEADING?

Attend team placements from **May 21st - May 25th, 2024.**

### WHAT ARE TEAM PLACEMENTS?

Athletes of all ages and skill levels must attend team placements in order to be placed on a Boss competitive cheerleading team that will be a perfect fit for them! We have a team for everyone! All of our teams are designed to be successful at every level. We believe in the benefits of levelling athletes correctly and have seen great success and improved athlete confidence by following this philosophy. Team placements are a fun way to experience the gym atmosphere and meet coaches, and fellow athletes, in a friendly and inclusive environment.

### TEAM PLACEMENT INFORMATION

**Date:** May 21st - May 25th, 2024

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

#### How to sign up:

- Visit our website at [www.bosscheerathletics.com](http://www.bosscheerathletics.com)
- Click "Register for 2024-2025 competitive cheerleading placements"
- Select the appropriate age and level team placement offered.

If you are unable to attend our team placement dates, please contact the gym at [info@bosscheerathletics.com](mailto:info@bosscheerathletics.com) to setup an individual tryout. Training schedules will be sent out shortly after team placements.

### HOW TEAMS ARE BUILT

Cheerleading consists of the following components: stunting (lifts), tumbling, jumps and dancing. Cheerleading is a highly athletic sport that requires strength, coordination, flexibility and stamina. Competitive cheerleading consists of seven different levels (1-7) and there are multiple age divisions for each level. The levels in cheerleading are designed for athletes to safely progress their skills in both stunting and tumbling.

Teams are built based on positions that need to be filled. When placing athletes on teams, our priorities include building strong teams with all members being able to contribute, as well as what is best for our athlete's long-term athletic development. It is important for athletes and their families to trust the process!





# CHEERLEADING

## SAMPLE STUNTING SKILLS BY DIVISION/LEVEL

DIVISION / LEVEL	MINIMUM STUNT SKILLS REQUIRED
Level 1 Novice (Excluding U6)	Stunt skills below prep level
Level 1 Prep	Preps, libs, stunt skills below prep level
Level 1 Elite/Premier Elite	1/4 up to prep or lib, tic tocs at prep level, inversion variations, cradles
Level 2 Elite/Premier Elite	Basket toss, 1/2 up to extension, 1/2 turn tic toc, 1/2 twisting inversion variations
Level 3 Elite/Premier Elite	Full up to extension or single leg prep, 1/2 up to extended lib, full down cradle, twisting full baha, switch up to prep level, inversion to extended body position, 360 tic at prep level
Level 4 Elite/Premier Elite	Full down from extended lib, double down from prep, switch up to extended lib, low to high/high to low tic tocs, released inversion variations to prep/extended level 360 switch up to prep
Level 5 Premier Elite	Double down from extended lib, high to high, 360 switch up, inversion variation to extended lib, 1 1/2 up to extended lib, 360 low to high

## SAMPLE TUMBLING SKILLS BY LEVEL

LEVEL	BEGINNER TUMBLING SKILLS	MASTERY TUMBLING SKILLS
1	Front roll, cartwheel, handstand.	Round off, back walkover, front walkover and any combination of skills.
2	Standing back handspring, round off backhandspring.	Back walkover back handspring, cartwheel back handspring, round off series backhandsprings.
3	Two connected backhandsprings, round off back tuck, jump backhandspring, punch front.	Round off back handsprings back tuck, 2+ connected backhandsprings and combination skills ending in a back tuck.
4	Standing back tuck, cartwheel back tuck, standing series backhandspring into tuck, round off layout.	Round off backhandspring layout, punch front through to layout, round off whip handspring layout, and combination skills ending in a layout.
5	Jump tuck, round off full.	Round off handspring full, series standing handspring layout, punch front/arabian through to full and combination skills ending in a full.
6/7	Jump tuck, standing series handspring full.	Standing full, standing series handspring whip full, round off handspring double twist, punch front/arabian through to double and combination skills ending in a double twist.

Flyers on elite teams are expected to have excellent flexibility and air positions.

# CHEERLEADING

## HOW STUNT POSITIONS ARE DETERMINED

Stunt positions are determined based on the overall composition of the team and may vary from season to season. Age, height, strength, flexibility are determining factors in differentiating bases, back spots, flyers and front spots. Flyers are required to have confidence in their bravery, balance/stability in the air, body awareness in addition to excellent flexibility.



HEEL STRETCH



SCALE



ARABESQUE



SCORPION



BOW & ARROW

## WHAT DO NOVICE, PREP, ELITE AND PREMIER ELITE MEAN?

At Boss, these divisions **are not** defined by athletes who have experience and those who do not. Athletes are placed in divisions and teams based on the difficulty of skills they can perform safely with a high level of execution excellence.

DIVISION / LEVEL	DIFFICULTY OF SKILLS PERFORMED SAFELY
Novice	Beginner
Prep	Intermediate
Elite	Advanced
Premier Elite	Advanced/Mastery - Travel Team

## I ATTENDED TEAM PLACEMENTS - WHAT'S NEXT?

Following the week of team placements on Sunday, May 26th, 2024 you will receive an e-mail from a Boss staff member to notify you which team(s) you/your athlete has been placed on.

## I'VE RECEIVED MY EMAIL - NOW WHAT?

Attend registration week Tuesday, May 28th - Thursday, May 30th, 2024 at Boss Athletics.








### REGISTRATION SCHEDULE

TIME SLOT	TUESDAY, MAY 28th	WEDNESDAY, MAY 29th	THURSDAY, MAY 30th
5:30-7:00 PM	Ages 3-7	Ages 8-9	Ages 10-11
7:00-8:30 PM	Ages 12-13	Ages 8-9	Ages 14+

# CHEERLEADING

## DIVISIONS

Below is a list of competitive cheerleading teams we offer. Ages follow the Cheer Canada Age Grid. All divisions and teams are tentative based on registration numbers. We reserve the right to change a team's division at any point in the season based on the team's progress and attendance.

TEAM NAME	DIVISION/LEVEL	BIRTH YEARS
GLAM	U6 Novice Level 1	2018-2021
SHIMMER - NEW!	U8 Novice Level 1	2016-2020
DIVAS	U8 Prep Level 1	2016-2020
CRAZE	U8 Elite Level 1	2016-2020
COVERGIRLS	U12 Prep Level 1	2012-2017
LAVISH	U12 Elite Level 1	2012-2017
FLAWLESS - NEW!	 U12 Premier Elite Level 1	2012-2017
POSH	U12 Elite Level 2	2012-2017
QUEEN B's - NEW!	U16 Prep/Elite Level 1	2008-2013
INFALLIBLE	U16 Premier Elite Level 2	2008-2013
BOMBSHELLS - NEW!	U16/U18 Premier Elite Level 4.2	2008-2013 or 2006-2011
VOGUE	  U16 Premier Elite Level 3	2008-2013
HOLLYWOOD - NEW!	  U16 Premier Elite Level 4	2008-2013
LUXE	  U18 or Open Premier Elite Level 5	2006-2011 or 2009 and earlier

# CHEERLEADING

## WHAT TO EXPECT AT REGISTRATION NIGHT

Athletes **MUST** attend registration night as they will be sized for their competition uniform and tracksuit.

### STEP 1

**Step 1:** What you will need to bring:

- Your athlete's health card
- Any medical/emergency contact information
- Full payment for registration fees and uniform (if you don't already have one)
- Credit card for Boss credit card authorization form (if you choose this payment method)
- Returning athletes - check to see if your athlete's white cheerleading shoes and uniform fit

### STEP 2

**Step 2:** Registration will be set up in the following stations: Please be prepared to spend approx. 1 1/2 hours for the entire registration process (as per your scheduled registration time).

- Form completion (or may be filled out in advance or online)
- Policy review – a Boss Athletics staff member will be sitting with you one-on-one to review all Boss policies
- Communication Table
- Registration fee and uniform payment/accounting
- Uniform sizing
- Tracksuit and shoe sizing

### STEP 3

**Step 3:** You are now registered! Welcome to Boss!

## NEW TO BOSS OR COMPETITIVE CHEER?

Please join us for our **Cheer 101** night on **June 14th** to learn what to expect for the season and to ask us any questions you may have.

## NEW FOR SEASON 7: BOSS PARENT EDUCATION NIGHT

All Boss parents will be required to attend one of the two **Parent Education** nights on **June 14th** and **August 22nd**.





# CHEERLEADING

## COMPETITIVE CHEERLEADING TRAINING SCHEDULE

### SUMMER TRAINING - JUNE 3rd - SEPTEMBER 1st, 2024

- Athletes on Level 1 and 2 teams will have one extended practice per week to include stunting and tumbling.
- Athletes on Level 3 and 4 teams will train twice per week with one 2 hour practice for team stunting and one hour practice for tumbling.
- Athletes on Luxe will have 2 team practices per week.

### PREMIER ELITE STUNT CHOREO CAMP - JUNE 18th - 19th, 2024

For our Premier Elite teams Infallible and Bombshells.

**ATTENDANCE FROM ALL ATHLETES IS ABSOLUTELY MANDATORY - NO EXCEPTIONS.**



### PREMIER ELITE STUNT AND PYRAMID CHOREO CAMP - JUNE 20th - 23rd, 2024

For our Premier Elite teams Flawless, Vogue, Hollywood, and Luxe.

**ATTENDANCE FROM ALL ATHLETES IS ABSOLUTELY MANDATORY - NO EXCEPTIONS.**

### FULL CLUB STUNT CAMP WEEKEND - AUGUST 9th - 11th, 2024

This stunt camp will focus on important skill development and progressions for the season. Athletes not in attendance will have affected development as a result.

### FALL & WINTER TRAINING - SEPTEMBER 2nd, 2024 - MARCH 23rd, 2025

- Athletes on Glam, Shimmer, Divas, and Covergirls will have two team practices per week with one extended practice to include tumbling specific instruction.
- All other athletes will have two team practices per week and will be required to attend one additional tumbling class per week (included in tuition).
- All Elite/Premier Elite athletes will have 30 minutes added onto their respective tumbling classes to include sport specific conditioning, included in tuition. Novice and Prep athletes may add these classes into their tuition for an extra charge.
- All athletes selected to be a flyer on their respective teams will be required to attend a weekly flyer development class that will include flyer specific strength training and flexibility. This class is not included in tuition. Athletes that are not selected as flyers, but are looking to take their flexibility and strength to the next level, are also welcome to enroll in this class as capacity allows.



### PREMIER ELITE ROUTINE CHOREO CAMP - SEPTEMBER 8th - 11th, 2024

For four of our Premier Elite teams Infallible, Bombshells, Flawless, Vogue, Hollywood, and Luxe.

**ATTENDANCE FROM ALL ATHLETES IS ABSOLUTELY MANDATORY - NO EXCEPTIONS.**

### PREMIER ELITE ROUTINE CHOREO CAMP - SEPTEMBER 12th - 17th, 2024

For our Premier Elite teams Infallible and Bombshells.

**ATTENDANCE FROM ALL ATHLETES IS ABSOLUTELY MANDATORY - NO EXCEPTIONS.**

### CLUB CHOREOGRAPHY CAMPS - SEPTEMBER TBD

Competitive cheerleading routine choreography for ALL teams will be taking place in September/October. All Elite/Premier Elite teams will have the opportunity to work with guest choreographers including a Worlds coach from a successful program. Final date TBD.

**ATTENDANCE FROM ALL ATHLETES IS ABSOLUTELY MANDATORY - NO EXCEPTIONS.**

**\*NOTE:** The weekly training schedule will change during choreography weeks. Please ensure your athlete is free from any other commitments at this time. The choreography schedule is generally released 3 weeks prior to choreography.

# CHEERLEADING

## NEW - DYNAMIC INNOVATIONS CHOREO!



Dynamic Innovations Inc. is one of the industry leaders in innovative cheerleading choreography, working with all genres, ages, and experience levels. We are beyond excited and honoured to be one of the programs selected to work with them for routine choreography for select premier elite teams.

## 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 8, 2024	Winter Knockout (Warman) January 11, 2025 TBD	Cold Snap (Edmonton) January 17-19, 2025	Winter Riot (Portage La Prairie) January 25-26, 2025	Best of the West (Moose Jaw) February 7-8, 2025	Winterfest (Oshawa) February 15-19, 2025	Warman Cheer Classic (Warman) March 7-9, 2025 TBD	Saskatchewan Provincials (Regina) March 15, 2025	Virtual Summit Bid Opportunity TBD	Cheer Evolution Nationals* Optional Pending Parent Vote (Niagara Falls) April 10-13, 2025	Cheerleading Worlds** (Orlando, Must Qualify) April 25-28 2025 TBD	The Summit** (Orlando, Must Qualify) May 1-4, 2025 TBD
GLAM												
SHIMMER - NEW!												
DVAS												
CRAZE												
COVERGIRLS												
LAVISH												
FLAWLESS - NEW!										*		
POSH												
QUEEN B's - NEW!												
BOMBSHELLS - NEW!										*		
INFALLIBLE										*		
VOGUE										***		**
HOLLYWOOD - NEW!										***		**
LUXE											**	

\* Pending parent vote

\*\* Must qualify

\*\*\* If these teams do not get Summit bids

# CHEERLEADING

## PRICING (BEFORE TAXES)

Required 2024-2025 Investment	GLAM	SHIMMER	DIVAS	CRAZE	COVERGIRLS	LAVISH	FLAWLESS	POSH	QUEEN B'S	INFALLIBLE	VOGUE	HOLLYWOOD	BOMBSHELLS	LUXE
Registration Fee	\$250.00	\$250.00	\$250.00	\$300.00	\$300.00	\$300.00	\$300.00	\$300.00	\$300.00	\$300.00	\$300.00	\$300.00	\$300.00	\$300.00
Annual Tuition	\$800.00	\$825.00	\$870.00	\$1,645.00	\$1,420.00	\$1,770.00	\$2,020.00	\$2,095.00	\$1,920.00	\$2,220.00	\$2,320.00	\$2,420.00	\$2,220.00	\$2,870.00
Tumbling Classes	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00
Track Jacket*	-	-	-	\$80.00	\$80.00	\$80.00	\$80.00	\$80.00	\$80.00	\$80.00	\$80.00	\$80.00	\$80.00	\$80.00
Premier Elite Practice Set**	-	-	-	-	-	-	\$120.00	-	-	\$120.00	\$120.00	\$120.00	\$120.00	\$120.00
<b>Total Without Uniform</b>	<b>\$1,250.00</b>	<b>\$1,275.00</b>	<b>\$1,320.00</b>	<b>\$2,225.00</b>	<b>\$2,000.00</b>	<b>\$2,350.00</b>	<b>\$2,720.00</b>	<b>\$2,675.00</b>	<b>\$2,500.00</b>	<b>\$2,920.00</b>	<b>\$3,020.00</b>	<b>\$3,120.00</b>	<b>\$2,920.00</b>	<b>\$3,570.00</b>
Uniform Fee (4 year cycle)***	\$400.00	\$400.00	\$400.00	\$400.00	\$400.00	\$400.00	\$400.00	\$400.00	\$400.00	\$400.00	\$400.00	\$400.00	\$400.00	\$500.00
<b>Total With Uniform</b>	<b>\$1,650.00</b>	<b>\$1,675.00</b>	<b>\$1,720.00</b>	<b>\$2,625.00</b>	<b>\$2,400.00</b>	<b>\$2,750.00</b>	<b>\$3,120.00</b>	<b>\$3,075.00</b>	<b>\$2,900.00</b>	<b>\$3,320.00</b>	<b>\$3,420.00</b>	<b>\$3,520.00</b>	<b>\$3,320.00</b>	<b>\$4,070.00</b>

**Please note** – All fees above are subject to GST. Clothing items also include PST.

**Registration and Uniform Fees are due at Registration.** Athletes will not be permitted to begin training until registration fees are paid.

\* The competitive cheerleading uniforms at Boss Cheer Athletics get a FRESH NEW LOOK every four years to keep uniform costs low. This means that athletes/families purchase a uniform once and wear it for the next four competitive seasons. All uniform styles will be the same from U6-Open (excluding Luxe). For Luxe, please note that the uniform is inclusive of 2 looks and does not include the mesh black mid piece. Season 7 is year three in the current four year uniform cycle.

\*\* Track jackets are mandatory for all competitive athletes excluding Glam, Shimmer, and Divas, and will get a fresh new look every four years. Season 7 will be year two of the four year cycle. Prices may be subject to change.

The above **tuition** prices include:

- Safe, quality coaching
- Choreography camp with choreographer
- Stunt camp
- Club photos (team and individual)
- Competition music
- Scheduled team practices
- 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:

- Cheerleading shoes
- Competition bow (\$10)
- Competition makeup
- Additional custom team merchandise for out of province competitions
- SCA and Cheer Canada membership fees
- 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.

# CHEERLEADING

## ESTIMATED OUT OF CITY/PROVINCE COMPETITION COSTS

EVENT	ESTIMATED COST/EXPENSES PER ATHLETE	TEAMS ATTENDING
<b>Winter Knockout</b> Warman, SK	Accommodations and transportation coordinated by families. Coaching costs and registration fees included in tuition.	WHOLE CLUB EXCEPT LUXE
<b>Cold Snap</b> Edmonton, AB	Approx. \$600, accommodations and transportation booked by the gym.	LUXE
<b>Winter Riot</b> Portage La Prairie, MB	Accommodations and transportation coordinated by families. Additional costs for coaching fees and registration approx. \$200-\$300.	FLAWLESS, BOMBSHELLS, INFALLIBLE
<b>Best of the West</b> Moose Jaw, SK	Accommodations and transportation coordinated by families. Coaching costs and registration fees included in tuition.	WHOLE CLUB
<b>Winterfest</b> Oshawa, ON	Flights to be booked by families, accommodations to be booked by gym. Additional coaching and chaperone fees, registration, etc approx. \$600.	VOGUE, HOLLYWOOD
<b>Warman Cheer Classic</b> Warman, SK	Accommodations and transportation coordinated by families. Coaching costs and registration fees included in tuition.	WHOLE CLUB
<b>Saskatchewan Provincial Championships</b> Regina, SK	No hotels needed, Regina competition	WHOLE CLUB
<b>Cheer Evolution*</b> Niagara, ON	Flights and accommodations to be booked by families. Additional costs for coaching fees, registration, team gear, and team activities approx. \$600.	FLAWLESS, BOMBSHELLS, INFALLIBLE, VOGUE***, HOLLYWOOD***
<b>Cheerleading Worlds**</b> Orlando, FL	Flights to be booked by families, accommodations to be booked by gym. Approx. \$3000 including accommodations, registration Disney passes, and excluding flights.	LUXE
<b>The Summit**</b> Orlando, FL	Flights to be booked by families, accommodations to be booked by gym. Cost TBD.	VOGUE, HOLLYWOOD

## FUNDRAISING

Boss Cheer Athletics has a fundraising committee which hosts a few 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.

## TEAM PARENT - NEW!

New for this year! Parents are welcome to apply to be a "Team Parent" for their child's team. Team Parents will be responsible for planning approximately two team outings, be a communication liaison between the coach/gym and the rest of the parents, and organize team fundraisers if desired.

## PAYMENT INFORMATION

All payments can be made by cash in person at the gym, cheque, credit card, or e-transfer to [info@bosscheerathletics.com](mailto:info@bosscheerathletics.com) either upfront, or in five scheduled payments as noted in the Payment Schedule on Page 13. Please note that athletes will not be permitted to begin training until registration fees are paid in full.

## CROSSOVER RATE

Any athlete competing on more than one competitive cheerleading team will receive a 50% discount on the less expensive team's annual **tuition** (not registration or uniform fees). Crossovers are only required to purchase ONE uniform, unless crossing from club team(s) to our Worlds team, or cheer to dance. 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).



# CHEERLEADING

## PAYMENT SCHEDULE (INCLUDING TAXES)

Payment Schedule Due Dates - All Applicable Taxes Included	GLAM	SHIMMER	DIVAS	CRAZE	COVERGIRLS	LAVISH	FLAWLESS	POSH	QUEEN B'S	INFALLIBLE	VOGUE	HOLLYWOOD	BOMBSHELLS	LUXE
Registration - Due Registration Night	\$262.50	\$262.50	\$262.50	\$315.00	\$315.00	\$315.00	\$315.00	\$315.00	\$315.00	\$315.00	\$315.00	\$315.00	\$315.00	\$315.00
Uniform (if needed) - Due Registration Night	\$444.00	\$444.00	\$444.00	\$444.00	\$444.00	\$444.00	\$444.00	\$444.00	\$444.00	\$444.00	\$444.00	\$444.00	\$444.00	\$555.00
Track Jacket (if needed) - Due August 1st	-	-	-	\$88.80	\$88.80	\$88.80	\$88.80	\$88.80	\$88.80	\$88.80	\$88.80	\$88.80	\$88.80	\$88.80
Practice Set - Due August 1st	-	-	-	-	-	-	\$133.20	-	-	\$133.20	\$133.20	\$133.20	\$133.20	\$133.20
Payment 1/5 - August 1st	\$210.00	\$215.25	\$224.70	\$387.45	\$340.20	\$413.70	\$466.20	\$481.95	\$445.20	\$508.20	\$529.20	\$550.20	\$508.20	\$644.70
Payment 2/5 - September 1st	\$210.00	\$215.25	\$224.70	\$387.45	\$340.20	\$413.70	\$466.20	\$481.95	\$445.20	\$508.20	\$529.20	\$550.20	\$508.20	\$644.70
Payment 3/5 - October 1st	\$210.00	\$215.25	\$224.70	\$387.45	\$340.20	\$413.70	\$466.20	\$481.95	\$445.20	\$508.20	\$529.20	\$550.20	\$508.20	\$644.70
Payment 4/5 - November 1st	\$210.00	\$215.25	\$224.70	\$387.45	\$340.20	\$413.70	\$466.20	\$481.95	\$445.20	\$508.20	\$529.20	\$550.20	\$508.20	\$644.70
Payment 5/5 - December 1st	\$210.00	\$215.25	\$224.70	\$387.45	\$340.20	\$413.70	\$466.20	\$481.95	\$445.20	\$508.20	\$529.20	\$550.20	\$508.20	\$644.70
<b>TOTAL WITHOUT JACKET OR UNIFORM</b>	<b>\$1,312.50</b>	<b>\$1,338.75</b>	<b>\$1,386.00</b>	<b>\$2,252.25</b>	<b>\$2,016.00</b>	<b>\$2,383.50</b>	<b>\$2,779.20</b>	<b>\$2,724.75</b>	<b>\$2,541.00</b>	<b>\$2,989.20</b>	<b>\$3,094.20</b>	<b>\$3,199.20</b>	<b>\$2,989.20</b>	<b>\$3,671.70</b>
<b>TOTAL WITH JACKET AND UNIFORM</b>	<b>\$1,756.50</b>	<b>\$1,782.75</b>	<b>\$1,830.00</b>	<b>\$2,785.05</b>	<b>\$2,548.80</b>	<b>\$2,916.30</b>	<b>\$3,312.00</b>	<b>\$3,257.55</b>	<b>\$3,073.80</b>	<b>\$3,522.00</b>	<b>\$3,627.00</b>	<b>\$3,732.00</b>	<b>\$3,522.00</b>	<b>\$4,315.50</b>

**Please note** – All fees above include GST. Clothing items also include 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	<b>Summer/Fall Training</b>
Boss Gives Back Initiatives	<b>Ongoing</b>
Boss Buddy Program	<b>Ongoing</b>
Pride Parade	<b>June</b>
Combined Club Practices	<b>Seasonal</b>
Parent Appreciation Week	<b>Surprise!</b>
Club Photo Day	<b>March 23, 2025</b>
Bring a Friend Day/Week	<b>March/April</b>
Pretty in Pink Year End Banquet	<b>May</b>

## 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	<b>Saturday, June 29th, 2024 to Monday, July 1st, 2024</b>
Saskatchewan Day Long Weekend	<b>Saturday, August 3rd, 2024 to Monday, August 5th, 2024</b>
Labour Day Long Weekend	<b>Friday, August 30th, 2024 to Monday, September 2nd, 2024</b>
Thanksgiving Day Long Weekend	<b>Sunday, October 13th, 2024 to Monday, October 14th, 2024</b>
Remembrance Day	<b>Monday, November 11th, 2024</b>
Winter Holiday Break	<b>Monday, December 23rd, 2024 to Sunday, January 5th, 2025</b> Practices resume Monday, January 6th, 2025 NOTE - These dates are subject to change to coordinate with the school calendars.
Family Day Week	<b>Saturday, February 15th, 2025 to Friday, February 21st, 2025</b> Practices resume Saturday, February 22nd, 2025.
Easter Long Weekend	<b>Friday, April 18th, 2025 to Monday, April 21st, 2025</b>

# POLICIES

## ATTENDANCE POLICY

TEAM/LEVEL	EXCUSED ABSENCES ALLOWED
GLAM, SHIMMER, DIVAS, CRAZE, COVERGIRLS, LAVISH, POSH, AND QUEEN B'S	<b>Summer (June-August):</b> Attendance encouraged <b>Fall (September-December):</b> 1 PRE-APPROVED/EXCUSED absence <b>Winter (January-March):</b> None
FLAWLESS, BOMBSHELLS, INFALLIBLE, VOGUE, and HOLLYWOOD	<b>Summer (June-August):</b> 1 PRE-APPROVED/EXCUSED absence <b>Fall (September-December):</b> 1 PRE-APPROVED/EXCUSED absence <b>Winter (January-March):</b> None
LUXE	Absences/holidays to be taken during gym closures only.

### SUMMER ATTENDANCE POLICY

Please submit a notice of your absence via our online request form a minimum of 48 hours before practice is scheduled to begin (unless it is an emergency or severe illness) for our coaches to plan practice time adequately. Although attendance in the summer for select teams is encouraged and not mandatory, note that your athlete's involvement in routine choreography for competition may depend on the frequency of their attendance. Athletes whose absences affect their overall progress may be subject to a new team/level placement in the fall.

### FALL ATTENDANCE POLICY

Please submit a notice of your absence via our online request form a minimum of 48 hours before practice is scheduled to begin (unless it is an emergency or severe illness) for our coaches to plan practice time adequately. Athletes on the above teams are entitled to one excused absence in the fall. Athletes that exceed their allowed number of excused (or have unexcused) absences will be subject to being placed in an alternate position or removed from the routine without notice at the coach's/owners' discretion. Note: if an absence is not approved, the athlete is still expected to attend the practice. All athletes are expected to catch up/learn all material covered during an absence.

### WINTER ATTENDANCE POLICY

No absences will be approved. Athletes who have unexcused absences will be subject to being placed in an alternate position or removed from the routine without notice at the coach's/owners' discretion. Note: if an absence is unapproved, the athlete is still expected to attend the practice.



# POLICIES

## COMMUNICATION POLICY

All communication between the gym and families will be done primarily through the band app. Parents may communicate with coaches on band as long as they are appropriate and quick messages that are time sensitive. Any major concerns or other questions will need to be emailed to the gym- [info@bosscheerathletics.com](mailto:info@bosscheerathletics.com). 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

Boss coaches shall not coach for other clubs, and athletes may not cheer for other programs, in coordination with Cheer Canada guidelines.

## CONFLICT RESOLUTION POLICY

### ATHLETE CONFLICTS

Step 1: When coaches are made aware that there has been a conflict between athletes, the coaches will have a conversation with the athletes and encourage them to communicate and resolve the issue together.

Step 2: In the event that this is unsuccessful at resolving the conflict, coaches will step in and host a meeting with all persons involved.

Step 3: Parents will be required to come in for a meeting with all persons involved, should the conflict not be resolved.

### PARENT CONCERNS/CONFLICTS

Parents are required to follow the Boss Communication Policy. The only acceptable way to bring concerns forth is via e-mail or a requested meeting, after a 24 hour cool down period or following the return of a travel trip.

## 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.



# 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 be 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.

# POLICIES

## 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 (if applicable)
Between the first scheduled day of training and the first day of scheduled Fall Training	Registration Fee Uniform Fee (if applicable) Track Jacket (if applicable) Practice Set (if applicable) All payments due up to the day of cancellation/discontinuation based on the Payment Schedule on Page 12 \$200 discontinuation fee
On or after the first day of scheduled team choreography	Registration Fee Uniform Fee (if applicable) Track Jacket (if applicable) Practice Set (if applicable) All payments due up to the day of cancellation/discontinuation based on the Payment Schedule on Page 12 \$400 discontinuation fee

# POLICIES

## LOGO USAGE POLICY

The Boss Cheer Athletics logo is owned by Boss Cheer 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 Cheer 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 Cheer Athletics reserves the right to refuse service at any point to athletes/families that do not adhere to Boss Cheer Athletics policies.

## SPORTSMANSHIP AND CONDUCT POLICY - ATHLETES

As an athlete at Boss, I will :

- Demonstrate good sportsmanship and respect at all times towards all athletes, fellow and opposing coaches, parents and spectators and use appropriate language only.
- Demonstrate appreciation for other teams and clubs and not make derogatory remarks about coaches or the athletes of my own and others teams.
- Conduct myself in a positive and professional manner on social media.
- Will report any medical issues or injuries, or conflicts to my coach or owners in a timely fashion.
- Provide positive comments of respect, integrity, leadership, and good sportsmanship.
- Follow the Boss Athletics guidelines for proper dress code at all practices, competitions, and events.
- Participate and arrive on time, well nourished, and prepared to participate to the best of my abilities in all practices, competitions etc.
- Conduct myself in a way that positively represents the Boss core values at all times.

## SPORTSMANSHIP AND CONDUCT POLICY - PARENTS

As a parent at Boss, I will:

- Demonstrate good sportsmanship and respect at all times towards all athletes, fellow and opposing coaches, parents and spectators and use appropriate language only.
- Demonstrate appreciation for other teams and clubs and not make derogatory remarks about coaches or the athletes of my own and others teams.
- Conduct myself in a positive and professional manner on social media.
- Trust, respect and honour the decisions made by coaches and owners.
- Provide positive comments of respect, integrity, leadership, and good sportsmanship.
- Ensure my athlete arrives on time well nourished and prepared to participate to the best of their abilities in all practices, competitions etc.
- Conduct myself in a way that positively represents the Boss core values at all times.
- Taking ownership in ensuring my athlete is following the injury policy.

# POLICIES

## TRAVEL POLICY

### IN PROVINCE TRAVEL POLICY

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.

### OUT OF PROVINCE TRAVEL POLICY - TRAVEL/STAY WITH PARENTS

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.

### OUT OF PROVINCE TRAVEL POLICY - TRAVEL/STAY WITH CLUB/CHAPERONES

Boss athletes are expected to travel and stay together as a team for the Coldsnap, Winterfest, 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.

### PARENT SPORTSMANSHIP AND CONDUCT POLICY FOR TRAVEL

While travelling, parents and chaperones will act in a manner that appropriately aligns with the Boss core values and supports the success of the team.

This includes:

- Following the Boss communication policy at all times using the proper channels for communication.
- Reading all communication regarding the trip prior to departing.
- Any/all concerns regarding the trip are to be addressed upon returning home.
- Any items that require following the conflict resolution policy are to be addressed following returning from the trip.

We communicate at Boss with the BAND app.

- Do not private message coaches on BAND with concerns, still needs to be brought to the gym via appropriate communication channels.

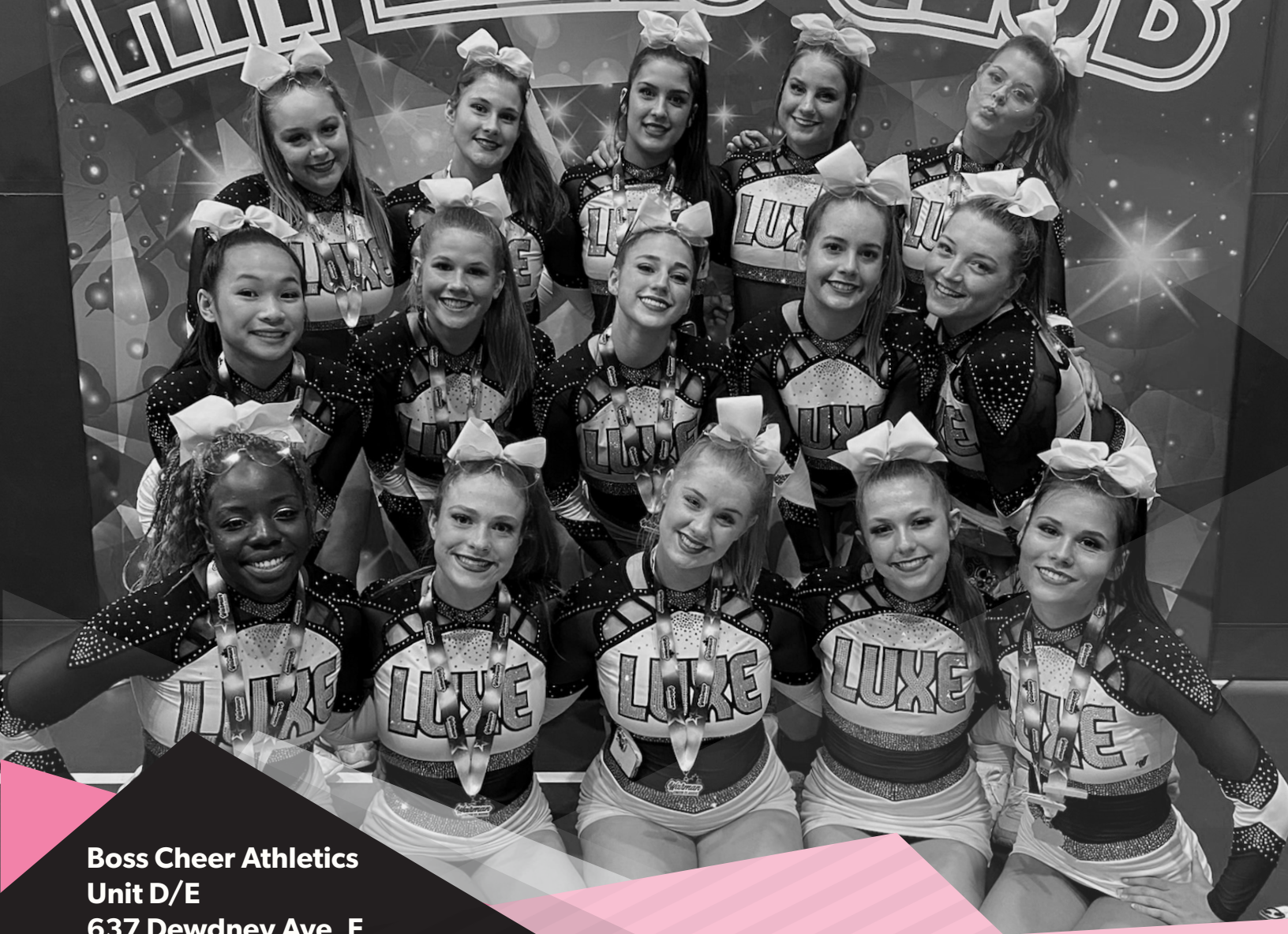
## WEEK OF COMPETITION POLICY

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.



**BOSS**  
**CHEER**  
**ATHLETICS**

HIT ZERO CLUB



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