

London HEAT Cheerleading 2020 – 2021

Information Package

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WELCOME TO LONDON HEAT CHEERLEADING!

Dear Parents & Athletes,

Welcome to the world of All-Star Cheerleading and Thank You for choosing to join London Heat Cheer! As we prepare for our 15th Season, we anticipate a very exciting and successful year. Whether you are new to our program or a returning member, we are thrilled to have you join our team and we look forward to working together to make London Heat the best that it can be! We know that your athlete will learn lifelong skills, build lasting friendships, and work with some of the most dedicated coaches in London. **We take pride in the program we have built and know that your athlete will excel on and off the cheer floor as a part of our family.**

This year, our program training and team placement will look a little different due to how COVID-19 has changed our world. Our season this year will start with tumbling, jumps and conditioning to keep the social distancing policies in effect. We need to keep a safe and controlled return to play, as well as building endurance and stamina back in for returning athletes and new athletes. We have our 2020/2021 Placement Plan in place to make sure we make the best return possible for our athletes and coaches. This will also allow a clear path to progression to ensure your athlete makes the perfect team based on their skill set.

Our program believes in supporting all athletes in their athletic journey by encouraging them to be the best they can be. **We focus on developing skills not just for “winning” but to also develop beneficial life skills to help them in the future.** Cheer is a team sport which we believe is very beneficial for young and mature athletes to build self-confidence. Teamwork is the foundation of our program allowing your athlete to make memories and connection that will last a lifetime.

Please take the time to carefully read through this parent handbook. It has been developed to answer many of your questions and to allow you and your family to fully understand what being a member of London Heat Cheerleading is all about. Feel free to contact us if you acquire further explanation or if you have any questions.



Our Website - <https://londonheatcheerleading.com>



<https://www.facebook.com/LondonHeatCheerleading/>



https://twitter.com/london_heat



Instagram - @LondonHeatCheer

REOPENING PROTOCOL



No one is allowed in the building that has symptoms of, has been diagnosed with, or has come in contact with someone with COVID-19.



Only athletes or staffs that have training will be allowed in the facility. Office, viewing areas, bathrooms and water fountains are closed.



Registration and payments are online only.



No touching environment – coaches will not be spotting, no stunting.



Limited use of equipment.



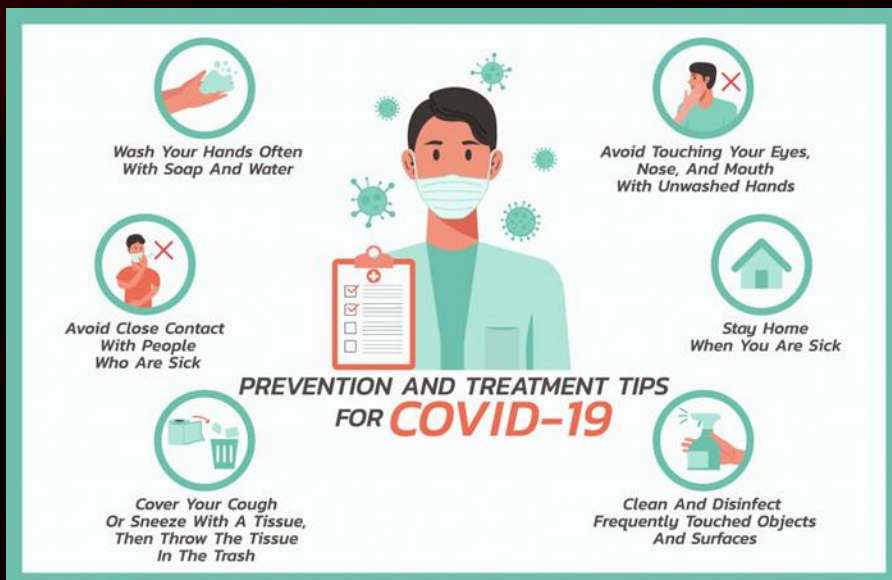
Personal items allowed in the gym: water bottles, small backpack with training gear.



Separate entrances and exits. Staff will assist on entry and exiting on the building.



Sanitization and hand washing upon entry and exiting.



TEAM PLACEMENT

Team Placements for the upcoming 2020/2021 season will look different this year, we have worked extremely hard to come up with placements that benefit every athlete and help us better understand each skill set for optimum success. Athletes from the 2019/2020 season are being placed on teams for the upcoming 2020/2021 season based on age and experience. This is due to our athletes not having the opportunity to be in the gym due to the COVID-19 situation and we believe it would not be appropriate to “judge” skills off athletes not being in the gym for the last 3 months. We believe putting unnecessary pressure on our previous and new athletes to perform skills that they have not trained could be detrimental to their mental health and well being. New athletes will be placed based on age. This being said we do suspect our teams to be a bit more fluid this season. During the summer if we feel your athlete should be on a different team (either level up or down) based on skill level demonstrated throughout the summer training months we will be in contact with you to make the switch.

If you are a returning athlete/family, we ask that you follow the steps below for team placement:

1. A letter will be sent to your home address with what team you will be on this season
2. After the letter is received – log into the portal and sign up for the team you are on and your first payment will be processed within 10 days.
3. Attend and Train within your age group/ level to the extent we are permitted – this could be both virtually and, in the gym, – we will make adjustments during Summer Training to accommodate skill progression

Please remember and respect that our coaching staff determines the best fit for all athletes, we reserve the right to make the choice that will be best for each team. We do not base teams solely on tumbling skills, cheerleading is made up of multiple components. Your athletes' ability to do building skills (stunting), jumps, performance and attitude are taken into high consideration when we pick teams!



Self-Evaluation Form:

This year we have implemented a self-evaluation form. This helps athletes and parents understand what each level is looking for and what our coaches are looking for before and during the season. The self-evaluation form will hold athletes accountable for completing skills and working hard to obtain skills needed for the level they desire to train on. The self-evaluation form will be completed by each athlete monthly in a log and sent home so progress can be seen and tracked.

Competition Season Information:

Due to the current situations, we, unfortunately, do not have our competition schedule for this coming 2020/2021 season. We know there will be minimal travel for our Heat families due to COVID-19. Pricing for competitions will be added separately. More information based on this schedule will be provided as soon as we know more information.

If you are a new athlete, please follow the instructions below for placement and registration information:

- Go to londonheatcheerleading.com
- Go to "Teams" header drop down and click Team Registration
- Option #2 for New Members
- Complete Registration Form
- Submit Registration
- Proceed to Portal
- Under "classes" in your portal, you will need to register for the 2020/2021 Comp Cheer Season (there is no fee for this registration)
- Register for small group tryouts (under classes)
- Be placed on a team – attend training beginning July 14th, 2020



2020/2021 Training Schedule

Team	Name	Summer Practices	Fall Practices
Tiny	Firecrackers	*We will not be training tiny teams this summer due to the social distancing procedures and age*	4:30PM – 6:00PM Wednesday
Mini	Spice	5:00PM – 6:30PM Thursday	5:00PM - 6:30PM Thursday 2:00PM -3:30PM- Saturday
Youth 1	Dynamite	5:00PM – 6:30PM Wednesday	5:30PM – 7:30PM Wednesday 3:30PM – 5:30PM Saturday
Youth 2	Sunburst	5:00PM – 6:30PM Tuesday	5:00PM – 7:00PM Tuesday 2:00PM – 4:00PM Saturday
Senior 3	Ultra Violet	6:30PM – 8:00PM Thursday	6:00PM – 8:00PM Thursday 4:00PM – 6:00PM Saturday
Junior 4	Rays	7:00PM – 8:30PM Wednesday	6:30PM – 8:30PM Wednesday 5:00PM – 7:00PM Friday
Inter. Senior 5	5 Alarm	7:00PM – 8:30PM Tuesday and 7:30PM – 8:30PM Thursday	6:30PM – 8:30PM Tuesday 7:30PM – 9:00PM Thursday 6:30PM – 8:30PM Friday



We reserve the right to change the schedule at any time.



Teams can be placed in the International or USASF divisions.

YEARLY TUITION OVERVIEW

Your yearly tuition will be as follows (HST will be added to all fees). The first payment will be run through your online portal when you register your athlete for their team. The remaining 9 payments will be run through your online customer portal on the 15th of each month. **This yearly fee schedule does not include competition fees**

Team	Level	Payment in Full	10 Monthly Payments (July-April)
Firecrackers	Tiny	\$911.30	\$113.91 *8 Payments
Spice	Mini	\$1370.60	\$137.06
Dynamite	Youth 1	\$1448.37	\$144.84
Sunburst	Youth 2	\$1448.37	\$144.84
Ultra Violet	Senior 3	\$1448.37	\$144.84
Rays	Junior 4	\$1503.27	\$150.33
5 Alarm	Int. Senior 5	\$1869.25	\$186.93



Tiny has 8 payments due to a later start in the Fall.



Inclusive Pricing

We offer inclusive pricing which is made up of Cheer Canada fees, insurance, team training gear, training fees, routine choreography, music, social fees, and showcase. Normally Canadian Competitions would be included however without knowing what will run this year we will not be processing those fees until we set a schedule. Competitions Fees will be collected through Jackrabbit and will need to be paid in full before competing.

NEW THIS SEASON!! Tumbling is included in your fees and is included in the Fall training schedule!! We thought this season was a great time to start strengthening ALL of our athlete's tumbling. With social distancing adding a bunch of small group tumbling classes for additional fees just didn't seem right to us. So for the very first time, we will be running team tumbling classes within training with a dedicated tumbling coach. They will typically be the last 45 mins of each training day. This means our Mini 1- International Senior 5 teams will be training a little longer each practice.

Mini: 2x2 hours a week= 4 hours total. 3 hours team training 1 hour dedicated to tumbling
Youth- Senior 5: 2X2.5 hours a week=5 hours total. 3.5 hours team training 1.5 hours dedicated tumbling

Athletes will be responsible for purchasing the following items:

Competition uniform, competition bow or scrunchie, white cheer shoes (outlined in uniform section). Uniforms will be used for a minimum of two seasons. We are on the third season of our current uniforms and will not be getting new ones to help cut the costs of training for the season due to COVID-19. Used uniforms can also be purchased through the Facebook London Heat Swap page.

US Competitions

These are approximate fees, more information to come.

Worlds: \$2000 Due: February/March

These prices include competition registration, coaches' fees, accommodations, transportation and team gear packages.

Sibling Discount


The second athlete in your immediate family will receive a \$150 discount from their total yearly tuition. The third sibling in your immediate family will receive a \$200 discount from their yearly tuition.

Crossovers


Crossovers are athletes that will be participating on more than one team for the season. These athletes will be notified after tryouts.


Crossovers fees will be \$500 + HST for the season. This payment will be processed through your online customer portal in three installments starting Sept 15th, Oct 15th and ending Nov 15th.


NOTES


 A credit card must be provided at the time of registration. If you wish to pay by cash or debit, you may pay in person at the office before the 15th of the month when the payment will be taken. This policy will also apply to any other fees that may be collected throughout the season (i.e. U.S. travel fees).

 All fees listed above do NOT include HST.

 Fees/Costs for all USA and Canadian competitions are NOT included in the fees above. All USA/ Canadian competition fees will be collected/ processed through your customer portal a minimum of four weeks before the competition date, along with travel and accommodation costs.

 A \$30 NSF fee will be charged for all payments declined or returned.

 Competition uniform fees (including bows, makeup, etc.) are separate.

 Competitive cheerleading is a yearly/per season tuition. Fees are NOT monthly membership fees based on the month or times you attend. London Heat Cheerleading reserves the right to turn over all delinquent accounts to a collections agency and parents/athletes are responsible to pay all additional costs incurred.



Refund Policy

- HEAT The Registration Fee is NON-REFUNDABLE.
- HEAT Competition Fees are NON-REFUNDABLE.
- HEAT The team package fee is NON-REFUNDABLE.
- HEAT A \$50 administration fee applies to ALL REFUNDS requested.
- HEAT There is a \$30 NSF fee for all payments returned NSF or declined.
- HEAT Refund requests must be made in writing to the program director.
- HEAT No refunds of tuition fees, competition fees, or trip expenses and/or deposits will be allowed if an athlete is terminated due to the athlete's and/or parents' violation of the code of conduct.
- HEAT Trip deposits and payments are NON-REFUNDABLE.
- HEAT Refunds are based on Tuition Fees ONLY. All other fees are non-refundable.
- HEAT Refunds are processed as follows unless the athlete incurs serious health problems. A doctor's note will be required at the patient's expense and refunds will be processed from the date the doctor's note is received in the office.
 - HEAT Within 10 days after the first payment- 100%
 - HEAT Before August 15th, 2020- 75% of the fees not already pre-paid by the gym will be refunded
- HEAT No refunds of ANY remaining fees after September 15th, 2020
- HEAT A \$50 administration fee will be applied to all refunds

COVID Refund Policy

Our refund policy for athletes that choose to leave for any circumstance other than COVID-19 follows the refund policy above. As a result of COVID-19, we have added a new policy to protect our family's financial commitment.

Any gym wide cancellation/ closure due to a COVID-19 related situation (mandated by the government or gym exposure) will be dealt with in the following manner:

- HEAT Missed time due to closure will be made up at a later date through an additional scheduled time when reopened and/or virtual training opportunities to keep athletes engaged during the closure.
- HEAT Prorated credits will be given, when possible, if the situation outlined above is not possible (ie: an extended period for closure).

IF a refund is available (ie: fees that have been spent by the gym on your athlete's behalf) families will be made aware and an email will be sent.



Important Dates

GYM CLOSURES

Canada Day – July 1st

Summer Gym Closure - August 30th – September 5th

Thanksgiving – October 10th – 12th

Christmas Holidays – December 21st – January 3rd

Family Day – February 17th

March Break – March 14th-20th





Easter – April 2nd – 5th

UNIFORMS AND PRACTICE GEAR

PRACTICE GEAR

Due to COVID-19, we will not be asking parents to purchase an extensive amount of practice gear for their athlete. One summer training t-shirt will be ordered and added to your yearly tuition. We ask that if you are interested in purchasing more practice gear you visit our Pro-Shop in the lobby of our facility.

Athletes must be in practice gear when coming to practice:





-  Hair must be up in a ponytail
-  Black athletic shorts must be worn
-  Cheer shoes must be worn with white ankle socks
-  Athletic top must be worn (if it is not a London Heat Shirt from previous years the shirt or tank top must be black, red or white)

UNIFORMS

All teams will be using the same uniforms from our 2019/2020 season, we will hold off on asking new athletes or previous athletes that don't have a uniform to purchase new pieces until competitions are confirmed for the 2020/2021 season. The price lists below are a rough estimate of how much our uniforms cost.

Prep Teams:






All athletes on these teams must purchase the uniform package:

-  Competition Uniform \$160 approx.
-  Competition Bow/Scrunchie \$45 approx.
-  Clean white running shoes with no logos can be purchased anywhere.
-  Makeup approx. \$35

***All prices above do not include tax**

Uniform sizing dates will be sent out once our competition schedule is confirmed.

All-Star Teams:

-  Scrunchie (Approx. \$45)
-  Makeup (Approx. \$40)
-  Competition Uniform (approx. \$400)
-  Cheer branded shoes (approx. \$100)
-  Track Jacket is optional (approx. \$100)

***All prices above do not include taxes.**

Worlds Team packages will be ordered after January 2021.

Uniform sizing dates will be sent out once our competition schedule is confirmed.

FUNDRAISING

THE LONDON HEAT BOOSTER CLUB

The London Heat Booster Club is a separate, non-profit organization composed of a group of parent volunteers who arrange fundraising opportunities to help alleviate some of the costs of cheerleading. Booster Club meets monthly to organize fundraisers, discuss upcoming events and vote on subjects that may affect the best interest of the club.

Booster Club is made up of Co-Chairs, Treasurer, Secretary and one Team Parent representative from each team.

Booster Club requires fees paid by all athletes. These fees are used towards, but not limited to; coach's fees, travel costs, competition expenses, club events, yearend banquet, and many other important events/activities that support our teams. Athletes that were part of our 2019/2020 have a credit due to the season being cut short. We will apply this to either your tuition or competition schedule once we begin the season and have more information. New members will be given a fee schedule closer to the end of fall.

Make sure to join our Facebook page, London Heat Booster Club, as we post all necessary information there. We can also be reached via email at londonheatboosterclub@hotmail.com

Booster Club will be looking for one Team Parent representative from each team. We will be emailing out a short application form right after the team registration dates. Please consider joining the Booster Club. The more we fundraise, the less our costs!

You will be given several opportunities throughout the season to continue fundraising, and these funds can be applied to competition/travel costs associated with events that take place outside of Canada.

All Booster Club fees must be paid in full with date TBD for your athlete to be able to continue training with London Heat.

An updated Booster Club manual will be available on the HEAT website & will be emailed to you. The Booster Club manual outlines all the rules & should answer any questions you may have.



CLUB RULES & REGULATIONS FOR A SUCCESSFUL, POSITIVE SEASON

Athlete Expectations

1. Athletes are expected to be at all practices, competitions, choreography and club events or team bonding activities.
2. Athletes are expected to be in proper practice gear for each practice.
3. Athletes are expected to follow the competition handbook and be fully ready for competition meet times.
4. Athletes must treat their coaches, administrative staff, competition staff and teammates with respect at all times.
5. Athletes are to be good teammates - no gossip, pettiness, bullying or alienating will be tolerated. These behaviors are grounds for dismissal from our program.
6. Each athlete must be aware that no person has a "right" to be a part of London Heat. It is a privilege.
7. Athletes will understand and respect that coaches reserve the right to alter/modify routines as needed. They will respect and support those decisions that are made in the best interest of and for the team.
8. Athletes are expected to maintain, at a minimum, the skills they performed at the start of the season. We reserve the right to move athletes if they are not able to maintain those skills.
9. Athletes must communicate with their coaches if they are sick or injured, or if there are any serious issues with other teammates. Each athlete must be able to communicate any concerns or issues with their coaches to allow proper recovery/solutions.
10. Training is exclusive to London Heat. Including tumbling and flying classes.

Parents' Role & Responsibilities

1. Parents are expected to pay all fees and bills on time. Athletes with past due amounts will be asked to sit out of practice.
2. Parents are expected to support the team and the club by supporting their athlete in a positive manner.
3. Parents must support their athlete's commitment to the team by ensuring they are at practice and by following our attendance policy.
4. Parents must stay informed by reading all emails and by checking the Facebook page.
5. Any adult that has been criminally charged with a crime involving a minor must disclose this to the Director at the start of the season.

Club Rules

1. Our goal is to teach athletes the responsibility that comes from a competitive team sport. This means that we rely on parents to help us enforce our attendance policy by ensuring that your athlete does not let her team down. Removing cheer from your child's schedule is not an acceptable form of punishment as this impacts the entire team.
2. London Heat strives to maintain a positive atmosphere at all times and we take this very seriously. We are happy to discuss any concerns individually; however, continued negativity will not be tolerated. If you have a concern, please address it with the program director so that we can solve it or explain it.
3. We recommend that athletes be dropped off for practice. Parents staying to view can sometimes be a distraction for the athletes while training. We will open viewing many times throughout the season for parents to view their athletes' progress. Tiny and Mini parents are welcome to stay for practice, but we ask that they do not distract the athletes.
4. Social Media Policy - Anyone associated with London Heat must refrain from posting negative thoughts about the team, gym, coaches, competitions, or other programs on any form of social media. The only acceptable method of addressing concerns is with the appropriate person directly.
5. To use the London Heat logo or brand, permission must be obtained from the LGA/London Heat office. No soliciting for any sales using our program will be tolerated.

General

1. Good sportsmanship is a win-win! Please treat all athletes and programs with respect.
2. Hard work and dedication will result in a great season!

Any infractions from the above rules can result in removal from the program.

CODE OF CONDUCT & COMMITMENT FORM

ATHLETES

I agree to treat the coaches, other athletes on my team, other London Heat team athletes and those in other cheerleading programs with respect and good sportsmanship at all times.

I understand my ideas are welcome, but speaking back to my coaches, treating my coaches inappropriately, swearing or making inappropriate gestures could result in dismissal from the team.

I agree to refrain from speaking poorly about others in the program, during practice, outside of practice and on message boards/talk forums/ internet, etc.

I agree to attend all practices to the very best of my ability, without being late. I understand being on a team requires commitment and my attendance is crucial.

I understand health, fitness and general wellness are a major component of my sport; therefore, a healthy lifestyle is strongly encouraged.

I will be gracious in victory and defeat and be as cooperative as I am competitive.

I understand missing excessive practices within the year will constitute my being asked to leave the team with no refund after being given three warnings by the head coaches.

PARENTS

I have read through the above with my child and he/she fully understands what is expected in the London Heat cheerleading program and will comply by this Code.

I understand all team expectations, including attendance, scheduling and monetary expectations for the team my child will be joining.

I understand the importance of my child attending all practices, being on time and London Heat's intention of teaching my child responsibility and accountability.

I understand that parents are asked to drop off their children for practices and pick them up at the end.

I understand that feedback is welcome, but I will respect the coaches and their authority during practices and competitions by never questioning, discussing or confronting coaches at practice or competitions, and will take time to speak with them at an agreed-upon time and place (not in front of others).

I understand that stunts and routines are created with the safety and ability of all athletes in consideration. I understand that by registering my child I am putting trust in the experience of London Heat coaches and will not insist my child or her/his team engage in stunting beyond their ability as determined by the coaches.

I understand my child will be coached through progressive training to ensure his/her safety.

I understand competition arrival times as designated by the coach must be respected in order to allow the coaches sufficient time to prepare the athletes for competition. Exceptions will apply for emergency situations only.

I understand competition arrival times, as designated by the coach, must be respected in order to allow the coaches sufficient time to prepare the athletes for competition. Exceptions will apply for emergency situations only.

I understand if my child cannot compete at certain competitions, I must advise the head coach two months prior, unless for medical emergencies.

CODE OF CONDUCT & COMMITMENT FORM

PARENTS CONTINUED

I also understand that my child may have minimal participation in routines following such absences due to the difficulty of reworking established routines. Travel team athletes must compete at all competitions unless injured.

I have read and understood the refund policy. If stop payments are placed on cheques to avoid the policy, my account will be forwarded to a collections agency.

I also understand that there is a \$30 NSF charge for any cheque returned NSF will full replacement value in cash or certified cheque.

I understand there will be late fees charged if I am late with payments for trips, etc. due to London Heat incurring late fees; unless I have spoken to office administration in advance.

I understand I will be required to attend team meetings and must keep myself up to date on team functions, practices, etc., by using the London Heat (London Gymnastics Academy) website at www.londonheatcheerleading.com and facebook account as the minimal paper will be distributed.

I will not engage in any kind of unsportsmanlike conduct with any coach, athlete or parent.

I will be a positive role model for my child by showing respect and courtesy and demonstrating positive support for all players, coaches, parents and spectators at every practice, competition or other events.

I will refrain from "coaching" my child or other players during practices and competitions.

I understand the coaches choose specific spots for athletes on the team in order to help athletes gain confidence and self-esteem and to give the opportunity to develop certain skills.

I agree NOT to interfere with the coach's decisions as their interests lie in encouraging athletes to be safe and to be team players. All athletes, regardless of their role, are crucial to the teams' success.

I will teach my child to follow the rules and to resolve conflict without my resorting to hostility or disrespectful behaviour towards others.

I will emphasize skill development and practices and how they benefit my child. I will emphasize the importance of being committed to his/her teammates and London Heat.

I also agree that if my guest(s) or I fail to abide by the aforementioned rules and guidelines, I/we will be subject to disciplinary action that could include, but is not limited to the following: Issuing a verbal warning to cease and desist all inappropriate action; Individuals will be ejected from the practice or competition area;

Practice/membership suspension with written documentation of the incident kept on permanent record by London Heat.; Removal of the athlete from the team; Legal action taken against the parent for non-payment of fees, and/or debts owed to London Heat, or if slander against London Heat is utilized, charges will be laid if necessary.

CODE OF CONDUCT & COMMITMENT FORM

TRAVELING CODE

All athletes representing London Heat are required to conduct themselves in an appropriate manner. Athletes are not allowed to use and/or have in their possession of alcoholic beverages, drugs or weapons at any time.

Appropriate behaviour is mandatory. If the behavior is unacceptable to the coach, the athlete may be withdrawn from the competition and sent home at his/her expense. In extreme cases, he/she will be removed from the team.

Hotel etiquette of the highest caliber is crucial. Damaging property, injuring or disrupting hotel guests or teammates could constitute suspension from the team.

As travel is intended to be an enjoyable experience for the team, all athletes are expected to abide by the aforementioned rules to allow for the safety, well-being and enjoyment of all members on the team.

Registration of your athlete will be considered acceptance to the above handbook.

