

NEW  
PROGRAM!


2019

LONDON  
**HEAT** ★  
ALLSTARS ★

# LONDON HEAT

PRE-COMPETITIVE CHEERLEADING  
INFORMATION 2021/2022

[www.londonheatcheerleading.com](http://www.londonheatcheerleading.com)  
[info@londonheatcheerleading.com](mailto:info@londonheatcheerleading.com)  
2946 Bateman Trail, London Ontario



## 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 16th 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 will be the first year for our pre-competitive program! We are excited to offer a new way of entering all-star cheerleading.** Athletes will be placed on a team based on their age and will focus on training skills and building strength and flexibility. We are excited to offer a lower financial and time commitment option as you explore the sport of cheerleading to see how your athletes like it. Athletes in our pre-competitive program will train twice a week for one hour and take part in 2 in house showcases!

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 life time.

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.

FOLLOW,  
“LIKE” &  
CONNECT



@londonheatcheer



London Heat  
Cheerleading



londongymnastics  
academy.com



Instagram  
@londonheatcheer

# COVID-19 PROTOCOLS

Covid protocols will be followed until the Ontario government allows full return to sport.

**N**o one is allowed in the building that has symptoms of, has been diagnosed with, or has come in contact with someone with COVID-19.

**O**utdoor training until Step 3 of Ontario Re-Opening plan. Athletes should bring, yoga mat, sunscreen, and water for outdoor training.

**O**nly athletes or staff that have training will be allowed in the facility. Viewing areas, and water fountains are closed.

**R**egistration and payments are online only.

**P**ersonal items allowed in the gym: water bottles, small backpack with training gear.



**S**eparate entrances and exits. Staff will assist on entry and exiting on the building.

**S**anitization and hand washing upon entry and exiting.



## Team Placements:

**Athletes entering our pre-competitive program do not need to tryout!**

Athletes must be registered by age.

Flare- Ages 3-5 as of December 31st 2021

Fuel- Ages 6-8 as of December 31st 2021

**If you are a new athlete please follow the instructions below registration information:**

1. Go to [londonheatcheerleading.com](http://londonheatcheerleading.com)
2. Go to "Placements" header drop down and click Registration
3. Option #2 for New Members
4. Complete Registration Form
5. Submit Registration
6. Proceed to Portal
7. Register for small group tryouts (under classes)
8. An email the following week will be sent with your placement!
9. Register for your team.

## Competition Season Information

Due to the current situation, we unfortunately do not have our competition schedule for this coming 2021/2022 season. We will be booking the in-house showcases in the Fall so we have a more clear picture of what will be allowed. Estimated dates are January and April.



# 2021/2022 TRAINING SCHEDULE



Team	Name	Summer Practices	Fall Practices
Pre-Comp	Flare	Wednesdays 6-7pm	Wednesdays 6-7pm, Saturdays 2:30-3:30pm
Pre-Comp	Fuel	Tuesdays 7-8pm	Tuesdays 7-8pm, Saturdays 1:30-2:30pm

**S**ummer training will start outdoors on Tuesday July 6th and will move indoors in Step 3 of Ontario Re-Opening plan.

**F**all training starts Saturday September 11th. Training is mandatory starting in September.

**W**e reserve the right to change the schedule at any time. Schedules can change often due to COVID-19 we try to stay as consistent as possible.

## 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 HST.**

Team	Level	Payment in Full	10 Monthly Payments (Plus HST June-March)
Flare	Pre-Comp 1	\$1100.00	\$99.85
Fuel	Pre-Comp 2	\$1100.00	\$99.85

### 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.

### Athletes will be responsible for purchasing the following items:

White/Black cheer shoes from our pro shop. (or online)

### Sibling Discount

The second athlete in your immediate family will receive a \$100 discount from their total yearly tuition. The third sibling in your immediate family will receive a \$150 discount from their yearly tuition.

### 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.
- All fees listed above do NOT include HST.
- A \$30 NSF fee will be charged for all payments declined or returned.
- 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

- The Registration Fee is NON-REFUNDABLE.
- Competition Fees are NON-REFUNDABLE.
- The team package fee is NON-REFUNDABLE.
- A \$50 administration fee applies to ALL REFUNDS requested.
- There is a \$30 NSF fee for all payments returned NSF or declined.
- Refund requests must be made in writing to the program director
- Refunds are based on Tuition Fees ONLY. All other fees are non-refundable.
- 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.
- Within 10 days after the first payment= 100%.
- Before August 15th, 2021- 75% of the fees not already pre-paid by the gym will be refunded.
- No refunds of ANY remaining fees after September 15th, 2021.
- A \$50 administrative fee will be applied to all refunds.



# 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.

## IMPORTANT DATES GYM CLOSURES

- Canada Day – July 1st
- Summer Gym Closure - August 30th – September 5th
- Thanksgiving – October 9th – 11th
- Christmas Holidays – December 19th – January 3rd
- Family Day – February 21st
- March Break – March 12th-18th
- Easter – April 15th – 18th





## 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.

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](http://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.

## 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.