

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 17th 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.**

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.

Pre-Competitive Registration Package 2023 Winter/Spring

What is Pre-Competitive?

Pre-Competitive is a taste into the world of Allstar cheerleading. Allstar competitive athletes train year round and compete their routines internationally. Pre-Competitive offers athletes a chance to be a part of a team, skill develop, learn choreography, and perform at the program wide showcase at the end of the session. The perfect bridge between recreational classes and competitive cheerleading.

Teams

Embers

Ages 4-6

1 Hour of Training a Week

Sunday's 2:30-3:30

Start Date: January 8th 2023

End Date: April 23rd 2023

Showcase Performance: April 16th 2023

Flare

Ages 7-12

90 Minutes of Training a Week

Friday's 5-6:30

Start Date: January 6th 2023

End Date: April 21st 2023

Showcase Performance: April 16 2023

Tuition

Your season 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 athletes for their team. The remaining three monthly payments will be run through your online customer portal on the 15th of each month starting January 2023.

Team	Monthly Payments Jan, Feb & March
Embers	\$109.13
Flare	\$120.19

Inclusive Pricing

We offer inclusive pricing which is made up of insurance, training fees, routine choreography, music, social fees, and showcase fees

Athletes will be responsible for purchasing the following items:

Showcase Uniform and performance bow or scrunchy, black shoes.



Uniforms

The total for the uniforms will be \$150 plus HST. We will collect uniform fees upon registration and will size all athletes following the first practice. Uniforms will be the same if you register for multiple sessions.



GYM CLOSURES

Family Day – February 20th

March Break – March 11th-17th

Easter – April 7th – 10th



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 must treat their coaches, administrative staff, competition staff and teammates with respect at all times.
4. Athletes are to be good teammates - no gossip, pettiness, bullying or alienating will be tolerated. These behaviours are grounds for dismissal from our program.
5. Each athlete must be aware that no person has a "right" to be a part of London Heat. It is a privilege.
6. 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.
7. 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.
8. 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.
9. 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.
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 BAND [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 behaviour 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.

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