



Thank you for your interest in Top Flight All-star Cheerleading! After our very successful past 2 seasons, we are extremely excited about expanding our Flight Family and growing as a club. Here at Top Flight, no experience is necessary; we offer teams for ALL AGES AND ABILITIES. Our talented and certified coaches are on the cutting edge of what's new and exciting in the cheerleading world and promise to provide the highest quality of coaching. Top Flight is a great place for your child to keep active, make new friends, learn about teamwork and develop confidence; all while reaching personal and team goals. Within this package you will find everything you need to know about Top Flight All-stars – costs, team information, schedule, competition details, and more!

Once again, thank you for your interest in Top Flight All star Cheerleading! We are looking forward to our exciting new season with you!

- Top Flight Staff



### Teams and Levels Offered

Top Flight will be offering the following 3 teams for the '2010-2011' season. All ages are as of August 31st, 2010

	Age	Level
<b>Youth</b>	11 & under	1
<b>Junior</b>	14 & under	2
<b>Senior</b>	18 & under	3

Level	Stunting	Motions and Dance	Tumbling/Jump Skills
1	Thigh Stand, Double Base	Basic understanding of rhythm and motion placement.	Toe Touch jump. Front rolls, cartwheel, round-offs, back/front walkovers.
2	Torch, Extensions, Basket tosses.	Dances and Motions become quicker, often utilizing single counts, variations between team members and levels.	Back walkover, Back handspring, round off back handspring. Connected jumps, Double toe-touches.
3	Tricks in baskets, Libs, Liberty variations at extended level (Scorpion, Scale, Bow) Full Twisting dismounts.	Motions are sharp and placement is accurate. Dances involve footwork and athletes demonstrate excellent rhythm.	2 x back handspring, round off tuck, round off back handspring tucks, front tucks, Toe Touch back handsprings.
4	Kick Full Baskets, Twisting dismounts from extended levels. Double Twisting dismounts from prep level stunts.	Athletes are quick to pick up and correct steps within artistic sections. Dances are fast paced and contain intricate transitions.	Standing Tucks, Back handspring x2 tuck, Layouts, Toe-Touch Back handspring Tucks.

### Does everyone make a team?

Yes! Everyone who attends tryouts will be placed on an appropriate level team based on age and ability.



## Competition Schedule

The following is a list of **tentative** competitions each team will be attending in the '2010-2011' season. Dates, locations, and competition selection may change.

Competition	Details	Teams Competing
<b>Cheer Sport Niagara Falls Grand Nationals</b>	January 23 2010 Buffalo, NY TBA	Youth, Juniors , Senior
<b>Jamfest Live</b>	January 2011 Toronto TBA	Youth, Junior, Senior
<b>OCF Regional's</b>	February 26 2011 Mississauga, ON Hershey Center	Youth, Junior, Senior
<b>Great Lakes Championships Northern Cup Challenge</b>	April 9 <sup>th</sup> 2011 London, ON TBA	Junior , Senior
<b>OCF Provincials</b>	April 16 <sup>th</sup> & 17 <sup>th</sup> Mississauga, ON Hershey Center	Youth , Junior, Senior
<b>Cheer Alliance Nationals</b>	May 8 <sup>th</sup> and 9 <sup>th</sup> 2010 Niagara Falls	Youth, Junior, Senior

**Competition fees include competitions only. Travel and accommodation is additional.**



## 2010 – 2011 Tuition and Expenses

Teams	Membership Fees	Monthly Tuition June – Aug	Monthly Tuition Sept- May	Competition Fees	Uniform (Includes bows and bloomers)
<b>Youth</b>	\$110	\$55	\$75	\$295	\$215
<b>Junior</b>	\$110	\$70	\$90	\$350	\$215
<b>Senior</b>	\$110	\$70	\$90	\$350	\$215

1. Membership fee (includes insurance, registration with the OCF and music design & competition make-up).
2. Competition fees (includes all competitions, traveling fees& expenses are not included).

### **All Fees must be made by post-dated cheques at time of registration**

**1. Payment in Full** - A discount (see chart) will be applied to tuition for all members choosing this option. All fees are due at time of registration and are applicable to athletes registering in June.

**2. Monthly Payments** - Please refer to next page for payment breakdowns.

**3. Sibling Discount** - **Save \$10** per athlete on your monthly fees.

### **Crossover Athletes**

Athletes are welcome to participate on two teams. Athletes will be given half-price tuition for their second team. They will also be responsible for cross-over competition fees separately, which varies from each competition.

### **Refund Policy**

Should your child need to leave the program before the season is complete, the following refund policy will be in effect;

- Registration fee is 100% non-refundable
- Competition fees are non-refundable
- Clothing once ordered is non-refundable

Junior and Senior

Item	Amount	Post-dated
Registration Fee	\$110	June 1 <sup>st</sup>
Competition fee	\$350	Sept. 1 <sup>st</sup>
June tuition	\$70	June 1 <sup>st</sup>
July	\$70	July 1 <sup>st</sup>
August	\$70	Aug 1 <sup>st</sup>
September tuition	\$90	Sept. 1 <sup>st</sup>
October tuition	\$90	Oct. 1 <sup>st</sup>
November tuition	\$90	Nov. 1 <sup>st</sup>
December tuition	\$90	Dec. 1 <sup>st</sup>
January tuition	\$90	Jan. 1 <sup>st</sup>
February tuition	\$90	Feb. 1 <sup>st</sup>
March tuition	\$90	Mar. 1 <sup>st</sup>
April tuition	\$90	Apr. 1 <sup>st</sup>
May tuition	\$90	May 1 <sup>st</sup>
<b>Total</b>	<b>\$1480</b>	
<b>Paid in Full Option (\$50 discount on tuition)</b>	<b>\$1430</b>	<b>June. 1<sup>st</sup></b>

Youth

Item	Amount	Post-dated
Registration Fee	\$110	June 1 <sup>st</sup>
Competition fee	\$295	Sept. 1 <sup>st</sup>
June tuition	\$55	June 1 <sup>st</sup>
July tuition	\$55	July 1 <sup>st</sup>
August tuition	\$55	August 1 <sup>st</sup>
September tuition	\$75	Sept. 1 <sup>st</sup>
October tuition	\$75	Oct. 1 <sup>st</sup>
November tuition	\$75	Nov. 1 <sup>st</sup>
December tuition	\$75	Dec. 1 <sup>st</sup>
January tuition	\$75	Jan. 1 <sup>st</sup>
February tuition	\$75	Feb. 1 <sup>st</sup>
March tuition	\$75	Mar. 1 <sup>st</sup>
April tuition	\$75	Apr. 1 <sup>st</sup>
May tuition	\$75	May 1 <sup>st</sup>
<b>Total</b>	<b>\$1245</b>	
<b>Paid in Full Option (\$40 discount on tuition)</b>	<b>\$1205</b>	<b>June 1<sup>st</sup></b>



### Practice Schedule

Team	Summer Schedule	Fall Schedule
Youth	Wednesday 6:00 – 7:30	Wednesday 7:00-8:30 Sunday 11:00- 12:30
Junior	Wednesday 6:00- 8:00	Wednesday 7:00-9:00 Sunday 11:00-1:00
Senior	Wednesday 7:00- 9:00	Thursday 7:00-9:00 Sunday 1:00- 3:00

\*Fall schedule is tentative \*

### Uniform

Top Flight athletes will be required to purchase a competitive uniform, the approximate cost of the uniform is \$215. In addition to the uniform, all athletes will need to purchase personal items including bloomies and accessories. At the beginning of the season athletes will be required to purchase Top Flight shorts and t-shirts. Practice uniforms must be worn at each practice, team event and competitions. We will be also offering extras items that are **not mandatory**, such as track suits, sweaters, sports bra, shoes, and bags.

### Attendance policy

At Top Flight All Stars Cheerleading, we have a mandatory attendance policy during the competitive season. Please understand that every member on the team has a very important role and when athletes are absent it negatively affects the team. Each athlete is expected to attend all practices and competitions, if there is a conflict a coach must be notified well in advance.



## Registration / Release Form

Please PRINT CLEARLY and fill out all information that applies:

Athlete Name: \_\_\_\_\_ Birth date (MM/DD/YY) \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_

City, Province, Postal Code: \_\_\_\_\_

Parent(s) Name: \_\_\_\_\_

Main Phone: (\_\_\_\_\_) \_\_\_\_\_

Mother Cell: (\_\_\_\_\_) \_\_\_\_\_

Father Cell: (\_\_\_\_\_) \_\_\_\_\_

Main Email \_\_\_\_\_@\_\_\_\_\_

Athlete Email \_\_\_\_\_@\_\_\_\_\_

Primary Physician: \_\_\_\_\_ phone (\_\_\_\_\_) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ phone (\_\_\_\_\_) \_\_\_\_\_

Please list any known allergies:

\_\_\_\_\_

I am prepared to travel to the USA or Out of Province, and incur the fees associated with it:  
(Circle) YES / NO

How did you hear about Top Flight? : \_\_\_\_\_

### Authorization, Release

I authorize Top Flight All Stars Cheerleading and its representatives to consent to immediate injury treatment for my child when I cannot be reached to so consent. I also give Top Flight All Stars Cheerleading and its representatives consent to administer the necessary emergency care to my child to stabilize and/or improve the current injury or condition that my child may have sustained during activities related to Top Flight instruction, practices, or performances. No prior determination of life threatening emergency or danger of serious permanent injury resulting from treatment need be made under this authorization. Exceptions to this authorization are as follows:

I am fully aware that any activity involving motion, height, or athletic activities creates the possibility of serious injury, and I further agree to hold Top Flight All Stars Cheerleading and its staff, officers, or representatives harmless for any injury or resulting expense(s). I release and discharge all rights and claims against Top Flight All Stars Cheerleading and its parties.

I authorize Top Flight All Stars Cheerleading to use photographs, video, and/or other likenesses of my child for use in its promotional materials or sales and waive any rights of compensation or ownership thereto. I have read, understand, and agree to the Top Flight All Stars Cheerleading, rules and financial commitments. Furthermore, I understand that I must provide written notice to Top Flight if I wish to leave the program. Refunds will be processed within 30 days and only in accordance to the refund policy.

**I have read, understand and execute this release and acknowledgement.**

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_