

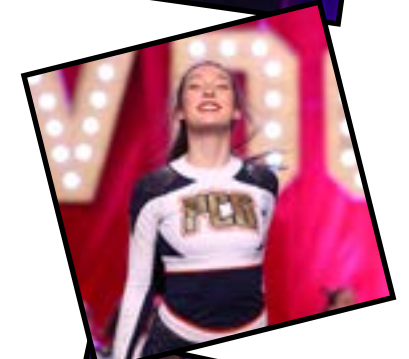


2020-2021 INFORMATION PACKAGE

580 QUEBEC STREET
LONDON, ON
N5W 3P2

WWW.POWERCHEERGYM.COM

WELCOME TO THE POWER CHEER GYM



Welcome to the PCG - where we are Building Leaders and Champions every day of the week! The PCG is the one of Canada's longest running cheerleading training facilities. In addition to providing the area's highest quality cheer and tumbling programs, we are proud to deliver a culture that builds Leaders and Champions in our youngest and oldest athletes, both on the blue mat and in regular day-to-day life.

We are thrilled to provide the Forest City fun and competitive All-Star Cheerleading teams, Cheer101 (Learn to Cheer) classes, Group Tumbling classes, Private Tumbling and new for the 2019/2020 season, Stunt Classes for athletes ranging from 10 to 18+ years of age. We also provide PA Day Camps, March Break Skills Camps and LARGER THAN LIFE Birthday Parties! What does that mean for you and your family? No more driving all over the city because you GET IT ALL HERE!

From back walkovers to standing fulls to representing Canada on the Worlds stage, the Power Cheer Gym is the place to be for your child to reach their goals this coming season.

We look forward to meeting new faces and welcoming back those families that have been with us for a season or two (or 12)!

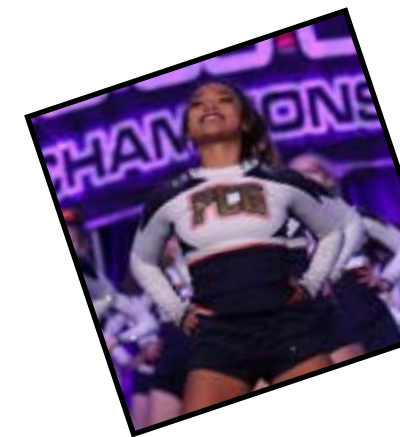
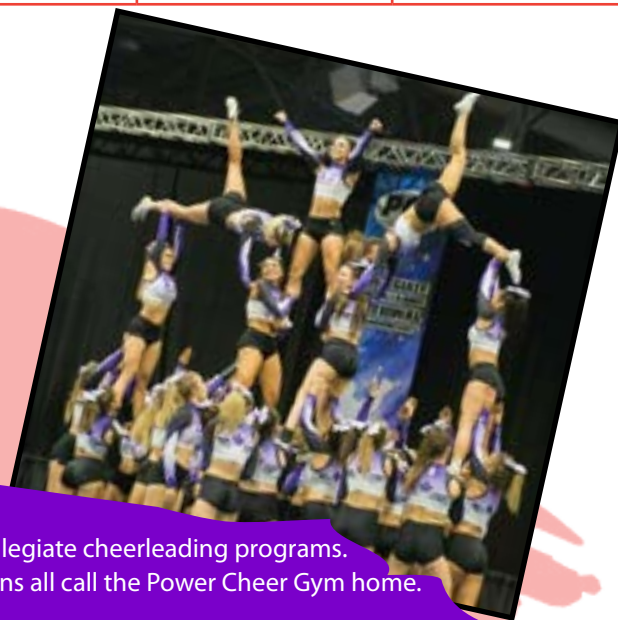
WELCOME TO THE POWER CHEER GYM!

COMPETITIVE CHEER

PROJECTED TEAMS & LEVELS



	AGE <small>Birth Year</small>	LEVEL
Rouge 1	3 - 6 <small>2014-2016</small>	Tiny Novice
Chaos	5 - 6 <small>2014-2016</small>	U6 - Level 1
Mayhem	5 - 8 <small>2012-2016</small>	U8 - Level 1
Valkyrie	5 - 12 <small>2008-2013</small>	U12 - Level 1
Starfire	5 - 12 <small>2008-2013</small>	U12 - Level 2
Mystique	10 - 17 <small>2003 - 2011</small>	U17 - Level 1/2
Victress	10 - 17 <small>2003 - 2011</small>	U17 - Level 3
Invictus	14+ <small>Born in 2007 or earlier</small>	Senior/IOAG 5
Outlaws	17+ <small>Born in 2004 or earlier</small>	IOSC 7
Prestige	8+	Special Abilites



HOW ARE OUR TEAMS PICKED?

The Power Cheer Gym has a team for everyone - from the brand new tiny athlete to the elite senior all-star cheerleader. We firmly stand by the benefits of placing athletes correctly and have seen more success and improved athlete/team confidence by following this philosophy at the Power Cheer Gym.

We will attempt to match the athlete by level as best as we can, however there may be athletes on teams with higher or lower tumbling skills than their teammates. Other components considered in placement to teams and levels include but are not limited to: stunting skills, jump technique, positional needs of the team (flyer - base ratio), work ethic and attitude.

Can't make the tryouts? Let us know right away and we can arrange an evaluation with coach at gym as soon as possible.

NOTE: Ages are used as a guideline. In most cases, the bottom age for a team is not followed. Cheer Canada are as of December 31st, 2021

Teams and Levels will be confirmed once tryouts are complete and teams are formed.



When we joined this gym 5 years ago, I never imagined the magnitude that this sport would have on my girls. You will not find a more welcoming and friendly atmosphere for both the athletes AND parents!

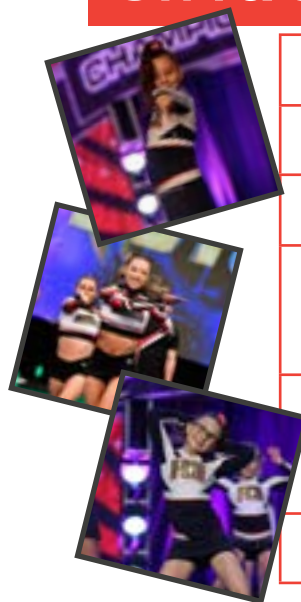
This gym offers such a diverse atmosphere from Tinies all the way up to athletes representing Canada at Worlds. Thank you PCG! I recommend you join if you are looking to take your athlete to the next level!

COLLEGIATE CHEERLEADING

The Power Cheer Gym is also home to 3 of the Nations top collegiate cheerleading programs. Western Co-Ed, Western All Girl and the Fanshawe Black Falcons all call the Power Cheer Gym home.

YEARLY INVESTMENT

GYM & COMPETITION FEES



	PAID IN FULL BY JULY 28	MONTHLY JULY - FEBRUARY	COMPETITION FEES
Rogue 1	\$TBA	\$TBA	\$100 - \$150
Chaos Mayhem	\$1150	\$170	\$450 - \$550
Valkyrie Starfire Mystique Victress	\$1625	\$245	\$500 - \$600
Invictus	\$1700	\$251	\$500 - \$700
Outlaws	\$TBA	\$TBA	\$175 - \$300
Prestige		\$150 <i>(September / January)</i>	\$0

*HST NOT INCLUDED.
* - Payments are processed on the first of every month.*

PAYMENT NOTES:

As a result of our current situation with COVID-19, we have taken the step of separating out competition fees from our pricing structure for the season. This will allow families to pay this amount later on, easing the financial burden if they wish, as well as allowing us time to see how the pandemic impacts our competition schedule this season. IASF Worlds fees are not included in this and will be collected at a later date (should the event take place this season).

PERSONAL / ATHLETE ITEMS

Families will be responsible for purchasing the following items for the upcoming season.
Competition Uniform - \$350 (approx). This year is the second year of our cycle for gym uniforms (three season).
Other items include practice shirts, music fees, competition scrunchies.

SIBLING RATE

A discount of \$200 per athlete will be applied when registering (does NOT include competition fees).

REFUND POLICY

Any withdrawal from a team (not related to COVID-19) must be done by the 20th of the month by emailing: pcg@powercheergym.com.

Within 1 month of registration - \$50 administrative fee is retained

Prior to October 1st - 40% of the applicable full year tuition is retained by the Power Cheer Gym.

Prior to November 1st - 50% of the applicable full year tuition is retained by the Power Cheer Gym.

Prior to December 1st - 60% of the applicable full year tuition is retained by the Power Cheer Gym.

On or after December 1st - No refunds will be issued

LATE/NSF FEES

All Monthly fees that go unpaid will incur a \$25 +HST late penalty. Athletes with outstanding account balances will not be able to participate and be required to sit at practice.

REFERRAL PROGRAM

Families will receive a \$50 Amilia Credit for referring new athletes to register at the PCG. Credit can be used toward any Amilia activity or program (gym fees, private lessons or classes).

COMPETITION SCHEDULE

CANADIAN EVENTS

**TENTATIVE*

	PCG House Party November 29	Cheer Evo CFTC December 5 - 6 Oshawa	Cheer Evo Battle @ Border January 23 - 24 Niagara Falls	ATC Feel the Power January 23 - 24 Hamilton	Cheer Evo Ontarios February 13 - 14 Kitchener	OCF Ontario Challenge March 6 Brampton	Cheer Evo Nationals April 10 - 11 Niagara Falls
Rogue 1	X					X	
Chaos Mayhem Valkyrie Starfire Mystique Victress	X	X	X		X	X	X
Invictus	X	X		X	X		X
Outlaws	X	X			X		



UNLUCK THE POTENTIAL

THE KEYS TO A SUCCESSFUL SEASON



THE ATHLETE KEYS

- Be a positive, hard working athlete who understands that their team always comes first.
- Your coaches reserve the right to modify your routine as needed. Athletes will be expected to support these decisions that are deemed best for you and the team.
- Athletes are expected to be great teammates. Will not tolerate any gossiping or bullying of any kind towards their teammates. These behaviours are grounds for dismissal from our program.
- Routine elements may change from Day 1 to Day 2 at a competition based on routine execution.
- Athletes are expected to maintain the skills they had at the start of the season when teams were selected. We reserve the right to move athletes to other teams if they are not holding true to this expectation.
- Athletes must effectively communicate with coaches. If you don't tell us you're injured, we may not know and we do not want to see any injury get worse.
- Athletes must treat their coaches, volunteers, parents and all other staff with the utmost respect. We promise to do the same for our athletes

THE PARENTAL KEYS

- Support the team and club by supporting your athlete in a positive manner. Be their biggest... cheerleader.
- Please pay all bills on time. Unfortunately, athletes/families with past-due bills will be asked to sit out of practice. This may impact placement in routines as well.
- Support your athlete's commitment to the program by making sure they are at practice and that they follow the PCG attendance policy.
- The sources of parental information is as follows:
 1. Your Team Coach
 2. Gym Coordinators - Garrett or Harvey
 3. Gym Owner - Trace
- Stay up to date by upholding your end of communication...
YES, that means reading every e-mail!
- Your support is just as important to us as it is to your child. We encourage our parents to show support by wearing PCG clothing to competitions. We encourage families to sit and mingle together and support all PCG teams taking the floor.

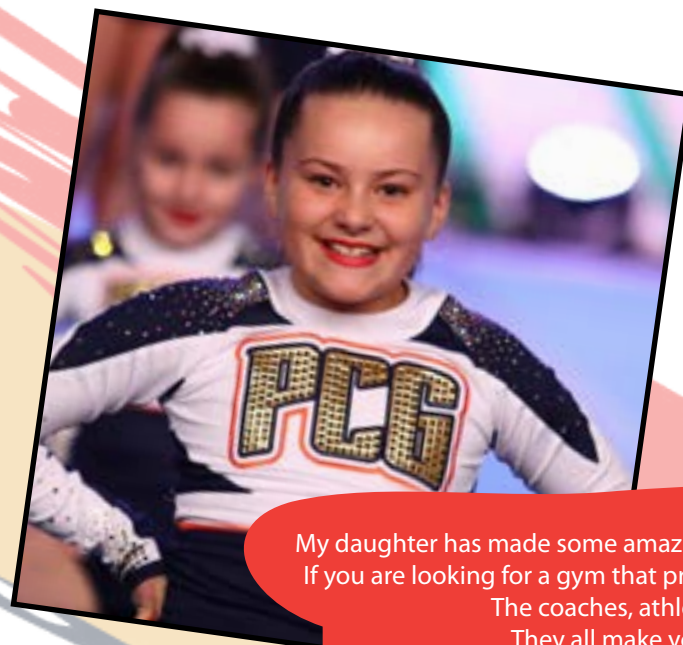
THE HOUSE RULES

- One of our main goals is to teach our athletes the responsibility that comes from maintaining a commitment to a competitive team (from Tiny all the way to our Collegiate program) and balancing personal and school life. This means that we rely on our parents to help us enforce our attendance policy. We need to ensure that your Viper does not let their team down by missing practices. Removing cheerleading for a period of time is not an acceptable form of punishment for your athlete. Their attendance (or lack thereof) impacts every other athlete on the team.
- Please help to keep our gym as neat and tidy as possible. Please pickup after yourself and your children. We will try to keep the sawdust to a minimum.
- Leave all valuables at home. We are not responsible for lost or missing items. Put flip-flops and sandals in your bag, they are the most commonly misplaced item at the gym.
- Parents are not permitted on the gym floor or deck areas during practices unless asked by a coach. We reserve the right to close practices should we feel it is in the best interest of the teams on the floor.
- Please treat all teams, athletes and gyms with respect. Treat them the same way you would expect them to treat you.
- Social Media: We would prefer you address concerns directly with your coaches or gym coordinators, not airing it on Social Media. Failure to do so may result in removal from Power Cheer Gym.
- The Power Cheer Gym is a dog friendly gym. Nash is always open to making new friends.

DATES TO REMEMBER

CLOSURES AND OTHER GYM EVENTS

WESTERN HOME CAMPS - CLOSED	SEPTEMBER 2 ND - 4 TH
LABOUR DAY - CLOSED	SEPTEMBER 7 TH
THANKSGIVING - CLOSED	OCTOBER 10 TH - 12 TH
CHRISTMAS BREAK	DECEMBER 18 TH - JANUARY 4 TH
MARCH BREAK	MARCH 13 TH - 19 TH
EASTER - CLOSED	APRIL 2 ND - 5 TH



My daughter has made some amazing friendships and absolutely **LOVES** this sport. If you are looking for a gym that provides a family like atmosphere this is the one! The coaches, athletes and parents are amazing! They all make you feel welcome in the gym. I would highly recommend the PCG to everyone! Our family **LOVES** it here!

COVID-19

AND THE RETURN TO PRACTICES

With the current circumstances surrounding COVID-19, we're following the guidelines provided to us from the Province of Ontario and the Middlesex-London Health Unit.

PHASE 1

- Group training in the gym (tumbling, conditioning, dancing & jumps)
- Private/Semi Private Lessons (hands off, no spotting)

PHASE 2

- Team practices will include entire team as noted above (all aspects of cheer with the exception of stunting)
- All aspects from Phase 1 will continue (with minor changes)

PHASE 3

- Practice structure returns to normal as scheduled and includes stunting.
- Specialized, "Hands On" Programs will begin (flight school etc)

I couldn't imagine spending my time cheering anywhere else!
This gym is like family to me.

