

KENORA ALL-STAR CHEERLEADING



2019-2020 SEASON
PARENT/ATHLETE INFORMATION

Welcome to Kenora All Star Cheerleading!

Established in 2013 we are a Not-For-Profit community-based cheerleading program, open to any and all athletes in Kenora. We have a program for you! From high level competitive teams to fun Learn to Cheer recreational programs, KAS adjusts its programming to fit the needs and wants within our community. With the dedication of our highly skilled VOLUNTEER coaching staff, as well as the commitment of our parent volunteers, Kenora All Star Cheerleading delivers exceptional programming in Kenora. Welcome to our KAS Family.

Mission Statement: Kenora All Star Cheerleading provides an inclusive, supportive environment that teaches essential life skills and habits that will prepare our athletes for success in all areas of their personal life. We aim to build character, perseverance, resiliency and self-confidence through individual and team-based goal setting. As a member of the KAS family, we strive to build compassion and respect for others. Through proper training, our athletes learn the value of personal health and wellness in everyday life.

Through cheerleading our program strives to:

- Teach our athletes essential life skills and habits that will prepare them for success in all areas of their personal lives.
- Promote personal health and wellness strategies.
- Develop cheerleaders with strong fundamental skills.



**FOLLOW US ON
SOCIAL MEDIA!**



Kenora All Star Cheerleading



@kenora_all_stars

#KASpride



@KenoraAllStars

EMAIL US AT:
info@cheerkenora.com

WEBSITE:
www.cheerkenora.com

COACHING STAFF

Our coaching staff represents an amazing group of ladies with many years of cheerleading and coaching experience. These volunteer coaches work hard and commit so much of their time to our athletes and the community.

USASF/IASF Credentialed
First Aid and CPR Trained



OUR PROGRAMS

RECREATIONAL CHEER

Learn to Cheer

Learn to Cheer runs once a year for 10 weeks in the fall beginning Sunday Sept. 30 and ending Dec. 1, 2019.

AGE: 3-4 years old *(must be 3 years old as of August 31, 2019)*

COST: \$125

Learn to Cheer is a great introduction to cheerleading. Athletes learn the basics of cheerleading including: tumbling, dance, jumps, and basic stunts.

The focus of this program is fitness, friendship and fun!

Athletes will perform in the KAS PreSeason Showcase at the end of November and attend our Club Christmas Party beginning of December.

Included in the cost is a 2019-20 club t-shirt, practice bow, experienced coaches and practice facility.



All Star Prep Mini

All Star Prep Mini runs once a year for 12 weeks in the fall beginning Wednesday Sept. 11 and ending Nov. 27, 2019.

AGE: 5-6 years old *(must be this age as of August 31, 2019)*

COST: \$200

This All Star Prep (ASP) team is an introduction to competitive cheerleading. The focus is on development of the fundamentals of cheerleading (stunting, tumbling, jumps, and dance motions) as well as encouraging teamwork and fun.

Athletes will perform in the KAS PreSeason Showcase at the end of November and attend our Club Christmas Party beginning of December. Included in the cost is a 2019-20 club t-shirt, practice bow, experienced coaches and practice facility.



All Star Prep Youth

All Star Prep Youth runs from Sept. 11, 2019 to Mar. 25, 2020.

AGE: 7-11 years old *(must be this age as of August 31, 2019)*

COST: \$200 per session (September & January)

This All Star Prep (ASP) team is an introduction to competitive cheerleading. The focus is on development of the fundamentals of cheerleading (stunting, tumbling, jumps, and dance motions) as well as encouraging teamwork and fun.

Athletes will perform in the KAS PreSeason Showcase at the end of November, attend our Club Christmas Party beginning of December and compete in Thunder Bay March 7-8, 2020.

Included in the cost is a 2019-20 club t-shirt, practice bow, March competition registration fee, experienced coaches and practice facility.



COMPETITIVE CHEER

Destiny (Youth Level 1)

Destiny practices twice a week from September to April.

AGE: 5-11 years old (*must be this age as of August 31, 2019*)

COST: \$800 for the season (\$100/month Sept-April)

This Competitive team is for athletes with some experience in recreational cheerleading, gymnastics, skating or dance. The focus is on core strength, body awareness and fundamental cheerleading skills while working in a team environment. If you are working on holding a handstand and not quite ready or close to being ready to work on a back handspring then this is the team for you. Tumbling goals include cartwheel, front/back walkovers and beginning back hand spring drills.

Athletes will perform in the KAS PreSeason Showcase at the end of November, attend our Club Christmas Party beginning of December, compete in Minneapolis February 7-8, 2020 and Thunder Bay March 7-8, 2020!

Included in the cost is a 2019-20 club t-shirt, practice bow, certified and experienced coaches, sprung floor practice facility, open gym, insurance, uniform rental, routine choreography, professional custom cheer music, outside instructor skills camp, club Christmas party, end of year awards banquet and all administration costs.

Not included in the membership cost is travel costs and competition registration fees.



COMPETITIVE CHEER

Fusion (Junior Level 1)

Fusion practices twice a week from September to April.

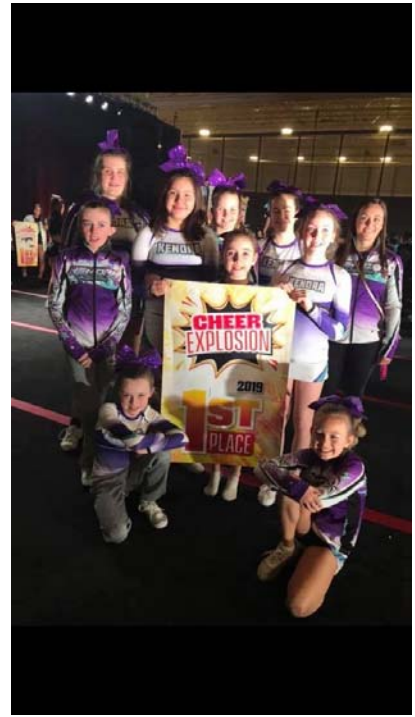
AGE: 8-14 years old (*must be this age as of August 31, 2019*)

COST: \$800 for the season (\$100/month Sept-April)

The Junior Competitive team is for advanced level athletes 14 years of age and under. Pre-requisite skills required as well as a high level of commitment to team practices. Tumbling goals include back handspring and round off back handspring. Athletes will perform in the KAS PreSeason Showcase at the end of November, attend our Club Christmas Party beginning of December, compete in Minneapolis February 7-8, 2020 and Thunder Bay March 7-8, 2020!

Included in the cost is a 2019-20 club t-shirt, practice bow, certified and experienced coaches, sprung floor practice facility, open gym, insurance, uniform rental, professional routine choreography, professional custom cheer music, outside instructor skills camp, club Christmas party, end of year awards banquet and all administration costs.

Not included in the membership cost is travel costs and competition registration fees.



Eclipse (Junior Level 2 International)

Eclipse practices 2-3 times a week from September to April.

AGE: 10-16 years old (*must be this age as of August 31, 2019*)

COST: \$140/month Sept-April plus one time \$50 uniform fee

Athletes will perform in the KAS PreSeason Showcase at the end of November, attend our Club Christmas Party beginning of December, compete in Minneapolis February 7-8, Thunder Bay March 7-8 and an air travel comp in April TBD!

Included in the cost is a 2019-20 club t-shirt, practice bow, certified and experienced coaches, sprung floor practice facility, open gym, insurance, uniform rental, professional routine choreography, professional custom cheer music, outside instructor skills camp, club Christmas party, end of year awards banquet and all administration costs.

Not included in the membership cost is travel costs and competition registration fees.



COMPETITIVE CHEER

Infinity (Senior Level 3)

Infinity practices 2-3 times a week from September to April.

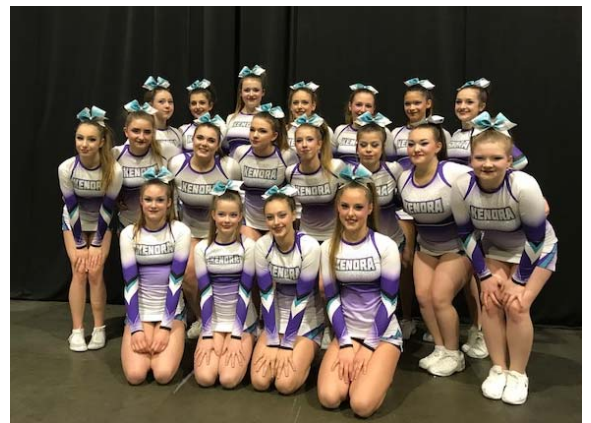
AGE: 11-18 years old (*must be this age as of August 31, 2019*)

COST: \$140/month Sept-April plus one time \$50 uniform fee

The Senior Competitive team is for elite level athletes with experience in competitive cheerleading. Athletes need to demonstrate high level skills in stunting and tumbling and a strong commitment to cheerleading. Pre-requisite skills required. Goals will include series back handsprings, front punch, round off Back handspring combinations ending in a back tuck. Athletes will be working towards layouts and layout fulls. Athletes will perform in the KAS PreSeason Showcase at the end of November, attend our Club Christmas Party beginning of December, compete in Minneapolis February 7-8, Thunder Bay March 7-8 and an air travel comp in April TBD!

Included in the cost is a 2019-20 club t-shirt, practice bow, certified and experienced coaches, sprung floor practice facility, open gym, insurance, uniform rental, professional routine choreography, professional custom cheer music, outside instructor skills camp, club Christmas party, end of year awards banquet and all administration costs.

Not included in the membership cost is travel costs and competition registration fees.



2019 – 2020 Practice Schedule

							SEPT-DEC	JAN-APR	
KAS FACILITY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sunday	
9:15-9:45AM							LEARN TO CHEER		
9:00-10:00AM								DESTINY/FUSION	biweekly
10:00-11:00AM							DESTINY	DESTINY	
11:00AM-12:00							ECLIPSE/INFINITY	ECLIPSE/INFINITY	biweekly
5:45-6:45PM				FUSION					
6:45-8:15PM		ECLIPSE		INFINITY					
7:45-9:15PM		INFINITY		ECLIPSE					
BEAVER BRAE SCHOOL	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sunday	
6:30-7:15PM			ALL STAR PREP MINI & YOUTH						
7:15-8:00PM			DESTINY & FUSION						



PRACTICE LOCATIONS

KAS & KENORA AERIALETES FACILITY @ 1350 Hwy 17 E

WHERE WE HAVE A 7 STRIP SPRUNG FLOOR, TUMBLING TRAINING EQUIPMENT AND A TUMBLING TRACK NEW THIS YEAR!

BEAVER BRAE SECONDARY SCHOOL @ 1400 NINTH STREET N

WHERE WE HAVE A FULL 9 STRIP NON-SPRUNG CHEER FLOOR AND TUMBLING TRAINING EQUIPMENT!

FREQUENTLY ASKED QUESTIONS

Q: What is the best way to get information about Kenora All Star Cheerleading? A: Once on a team, the team will also have a specific means of communicating with athletes and parents through your parent portal account/emails and a closed Facebook group.

General information can also be found on our website at www.cheerkenora.com and our other social media sites.

Parent Meetings September – Beginning of the season General Information and meetings closer to competitions as required.

Q: What's the best way to contact KAS? A: You can send a private message through one of the social media sites with your questions or to our email at info@kenoracheer.com. If the question requires a conversation, then please leave your contact information so an Executive member or coach can call you back. Parents are asked to please not use practice time as a time to communicate with coaches. Also, please direct administrative questions to the Executive as coaches do not know your child's account balance or program costs etc.

Q: What should my KAS athlete wear to practice? A: Athletic T shirt and shorts. Hair should be tied back and off the shoulders. Clean indoor shoes and no jewellery. If you are in a competitive program, you should have proper cheerleading shoes. Your membership fee includes a Club tshirt. Other KAS cheer clothing including practice shorts, crop tops, sweats are available.

Q: What happens if a practice is cancelled? A: Parents will be notified through social media of practice cancellations as soon as possible. Last minute cancellations will be posted on Facebook and the website.

Q: What is the athlete's responsibility for missing a practice? A: Athletes must tell a coach in advance of the absence and provide a reason. Please see "Expectations of a KAS Athlete" for more information.

Q: How do I pay for the sessions etc. A: Parents can make a payment arrangement with our Administrative Director Natalie Pearson. We accept cash, cheques and e-transfers to kascheerfinance@gmail.com please use password kascheer. Parent can pay in full, once a month, or split payments over the session. KAS is also sponsored by Triple Play. Cheques are made payable to Kenora All Star Cheerleading.

Q: Are there fundraising opportunities? A: Yes. Competitive athletes to date have had access to fundraising opportunities through KAS and the Parent Group. Some fundraising activity is required and some fundraising activity is optional. Any monies earned through fundraising are deposited into each athlete's cheer account.

Q: How does KAS keep track of my payments? How do I know how much I owe? A: Our accounting is managed by Natalie Pearson who is a Certified Professional Chartered Accountant. Each competitive athlete is given an athlete account where monies received and payments for product or service are listed. At the Parent Meeting at the beginning of the season, a breakdown of costs is provided for each team.

Q: Are there scholarships or bursaries through KAS? A: Yes. If an athlete has been in the KAS program for FIVE competitive seasons AND is on a KAS competitive cheerleading team in their graduating year, the athlete qualifies for a KAS Bursary awarded on the night of High School Graduation.

Q: Can parents watch practices? A: Parents in the gym are very distracting. The chatter that occurs as parents visit is distracting to athletes and coaches. Coaches want parents to see the skill development of their children and will provide opportunities for parents to view a practice. If you are in the gym watching a practice, please be respectful to the coaches and athletes. Do not let other children run around the gym or onto the practice mat, do not speak in a loud, distracting manner and do not interrupt the coach or athletes during the practice.

EXPECTATIONS OF A KAS ATHLETE

In order to ensure safety and a positive experience for our athletes, certain expectations have been put in place. Parents/Guardians should review these expectations with their son/daughter.

1. A KAS athlete will show commitment and dedication to his/her team. Attendance at practices is extremely important in cheerleading. Cheerleading is a sport that requires an athlete to have a specific position (or job) in the routine. If your child is absent from a practice, the rest of their stunt group cannot practice their stunt. The progression of the stunt group or the team will be compromised if an athlete is constantly missing from the group and they have an inability to practice. If you have a situation where you will have to miss practice, please contact the coach in advance. Attendance is mandatory 2 weeks before a competition. If attendance is a chronic problem, the athlete may be pulled from stunts or may receive an alternative team placement.
2. A KAS athlete must be respectful to coaches and teammates. Cheerleading requires a high level of trust between athletes; especially during stunting. Disrespectful behaviour and inappropriate social media directed at a teammate, coach, athlete in the program, or the program itself, will not be tolerated. Athletes and/or parents will be given a warning and may be asked to leave the program if the issue persists. It is expected that athletes will communicate in a positive manner, directly with coaches and their teammates. Athletes should offer support and encouragement to their fellow teammates as well as all athletes in our KAS family. Strong character and positive communication is a highly valued attribute amongst our KAS family.
3. A KAS athlete requires physical strength, stamina and flexibility. Cheerleading is a physically demanding sport. Skills training will happen at practice with a steady progression of skill development under the direction of a qualified coach. Stunting and tumbling skills require core strength, flexibility and body awareness. Conditioning exercises will be provided in practice sessions, however athletes will benefit from conditioning outside of cheer practices. Consider crossfit training, yoga, swimming, cycling, walking, running as well as core strengthening exercises. Consider registering for Personal Fitness (PAF 20/30/40) in semester one as a high school phys ed option. During the cheer season, practice time at home should include listening to music and visualizing their routine, going through dance and motions. The greater the muscle memory for good technique, the more confident the athlete will be. Your support as a parent will help to ensure steady athlete development.
4. A KAS athlete needs to follow safety guidelines for themselves and others. Cheerleading can be a dangerous sport if athletes do not adhere to the safe progression of skills. Coaches teach drills and pre-requisite skills before advancing athletes to the next level. We have a reputation for good, clean technique. This is only achieved by ensuring that athletes have strong muscle memory for skills. Your insurance and liability coverage extends only to KAS practice times and events under the direction of a KAS coach. You have a responsibility as an athlete to not practice above your skill level.

We look forward to having your child as a member of our program. The life lessons and guidance they receive in cheer will help them develop into mature, out-going, confident individuals with strong character and a good work ethic.

-Kenora All Star Cheerleading