



Competitive Information Package

This season at RCA, we are raising the bar and shaking things up! Our focus has always been on long term athlete development and to create more than just good cheerleaders – to create good people. We are expanding our World's program by adding a Dance team and a non-tumbling team. We are adding two Premier teams (level 1 and level 2) which will be geared toward truly mastering their level and earning a bid to Summit – one of the most prestigious events our sport has to offer. We are also changing up the format of our program to put our athletes' development and safety first.

2019/2020 Competitive Teams

Team Name*	Ages	Division, Level and Coaches**	Summer Practice Times
Buckaroos	5-8	Mini Prep 1 – Taylor	Mondays 6:45-7:45
Riot	5-8	Mini 1 – Becky/Taylor	Tuesdays 6:15-7:00 Tumbling, 7:00-8:15 Practice
Bandits	5-11	Youth 1 – Cameo/Tara	Thursdays 5:00-6:30 Practice, 6:30-7:15 Tumbling
Wild	10-18	Senior 1 - Crystal	Wednesdays 5:30-6:15 Tumbling, 6:15-7:45 Practice
Notorious	6-11	Youth 2 - Crystal	Wednesdays 5:00-6:30 Practice, 6:30-7:15 Tumbling
TBD	11-18	Senior 2 – Crystal/Liz	Thursdays 7:15-8:00 Tumbling, 8:00-10:00 Practice
Showdown	10-16	International Junior 3 – Tiffani/Cameo/Tara	Tuesdays 5:00-7:00 Practice, 7:00-7:45 Tumbling
Outlaws	11-18	Senior 4.2 - Lisa	Fridays 6:15-7:00 Tumbling, 7:00-9:00 Practice
Premier 1 - TBD	10-16	International Junior 1 – Tiffani/Crystal	Thursdays 6:15-8:15 Practice
Premier 2 - TBD	10-16	International Junior 2 – Becky/Lisa	Fridays 5:00-7:00 Practice
Smoke	14+	International Open 5 – Eric/Lisa	Mondays and Wednesdays 7:30-10:00
TBD	14+	International Open 6.0 – Thomas/Tiffani	Tuesdays 8:00-10:00
TBD	14+	International Open Jazz/Hip Hop - Vanessa	Mondays 5:00-7:00

* Team names that are TBD will be decided by coaches and athletes after placements

** Division, level and/or coaches may change based on placement results

For International teams, age requirement must be met anytime within the calendar year of 2020

For Non-International teams, age requirement is as of August 31, 2019

There is a lot of overlap in age ranges! This allows our staff flexibility to create teams that make the most sense

2019/2020 Team Placements

- Placement fee of \$10/athlete due the day of placements
- Athletes should attend the placement level that they currently have the tumbling for
- Premier team placements will take place at their appropriate level
- To make a Premier team, athletes must have perfect or nearly perfect tumbling technique, as well as at level or higher stunt experience
- All athletes who attend placements are strongly encouraged to attend our RCA Team Reveal party taking place on May 12th from 7:00-8:00 PM

Placement Level	Date & Time	Requirements
Level 1 (Ages 5-8)	May 9 th 5:30-7:00	No experience necessary!
Level 1 (Ages 9+)	May 9 th 7:30-9:00	No experience necessary!
Level 2	May 10 th 5:00-7:00	Standing BHS & Roundoff BHS OR Level 2 experience
Level 3	May 10 th 7:30-9:00	Standing series BHS & Roundoff tuck OR Level 3 experience
Worlds Dance	May 11 th 11:00-1:00	Strong dance background
Level 4 & 4.2	May 11 th 1:00-3:00	Level 2 Tumbling OR Level 4 stunting experience
Worlds	May 11 th 3:30-6:30	Level 5 tumbling OR Level 4 stunting experience

Registration Information

Early-bird registration will take place on May 13th from 5:30-8:30 PM. All athletes who register on this day will receive a FREE 10-punch card which can be used to attend any of our tumbling classes (\$183.75 value). Regular registration will take place on May 27th, 28th and 29th from 5:30-8:30 PM. At registration, athletes will be sized for uniforms, practice gear and program shirts.

Fees

	Mini prep	Mini 1	Youth 1	Senior 1	Youth 2	Senior 2	Junior 3
Registration	\$150	\$350	\$350	\$350	\$450	\$450	\$450
Tuition	\$900	\$1125	\$1425	\$1425	\$1810	\$1810	\$2340
Uniform	\$200	\$400	\$400	\$400	\$400	\$400	\$400
Total Fees	\$1250	\$1825	\$2175	\$2175	\$2660	\$2660	\$3190
	Senior 4.2	Premier 1*	Premier 2*	IO 5*	IO 6.0*	Dance*	
Registration	\$450	\$450	\$450	\$450	\$450	\$450	
Tuition	\$1810	\$1810	\$1810	\$2720	\$1810	\$1710	
Uniform	\$400	\$400	\$400	\$450	\$400	\$400	
Total Fees	\$2660	\$2660	\$2660	\$3620	\$2660	\$2560	

- Fees do not include GST
- All fees are non-refundable once paid
- *Teams that qualify for Worlds or Summit will incur additional costs (typically around \$1500 for Worlds and \$1000 for Summit)
- New this season: Mini 1 includes a tumbling class
- Crossover Athletes receive 50% off tuition for their second team
- New uniform cycle for all teams EXCEPT Junior 3 and Senior 4.2

Your fees include the following:

Practice gear, program shirt, competition fees, music, choreography, camps, uniform and bow, SCA membership, coaches travel within Canada

Your fees do NOT include:

Shoes, athlete and parent travel costs, Worlds and/or Summit costs

Note: Mini Prep competes fewer times, has a simpler uniform and does not receive practice gear to help reduce fees

Fee Schedule

Fee:	Due Date:
Registration Fee	At Registration (May 13 th , 27 th , 28 th , 29 th , 2019)
Uniform Fee	At Registration (May 13 th , 27 th , 28 th , 29 th , 2019)
First Tuition Installment	July 3 rd , 2019
Second Tuition Installment	August 3 rd , 2019
Third Tuition Installment	September 3 rd , 2019
Fourth Tuition Installment	October 3 rd , 2019
Fifth Tuition Installment	November 3 rd , 2019
Sixth Tuition Installment	December 3 rd , 2019

- Fees may be paid earlier than required – athletes paying for fees in one lump sum will receive FOUR FREE private tumbling lessons (\$126 value). This CAN be combined with the punch pass promotion at early-bird registration
- Payment can be cash, cheque, debit or credit. Tuition payments will be made by pre-authorised debit or credit
- Each tuition installment is 1/6 of the total tuition amount plus GST

Competition Schedule

Competition	Location	Date	Teams Attending
Battle at the Border	Lloydminster, SK/AB	Dec 7 th , 2019	Mini 1, Youth 1, Senior 1, Youth 2, Senior 2, Junior 3, Senior 4.2, Premier 1, Premier 2, IO 5, IO 6.0, Dance
Stampede	RCA Gym	Jan 11 th , 2020	All Teams
Battle of Champions	Calgary, AB	Feb 1 st -2 nd , 2020	Youth 2, Senior 2, Junior 3, Senior 4.2, Premier 1, Premier 2, IO 5, IO 6.0, Dance
Best of the West	Regina, SK	Feb 8 th , 2020	All Teams
Warman Cheer Classic	Warman, SK	March 6 th -8 th , 2020	All Teams
SCA Provincials	TBA, SK	Mar 21 st , 2020	All Teams
Worlds	Disney, Orlando, FL	April 23 rd -27 th , 2020	IO 5, IO 6.0, Dance (must qualify)
Summit	Disney, Orlando, FL	May 1 st -4 th , 2020	Premier 1, Premier 2 (must qualify)

- Dates are based on last year's dates and are subject to change
- Attendance is mandatory for all competitive athletes

Fall Practice Schedule

Team Name	Ages	Division and Level	Fall Practice Times
Buckaroos	5-8	Mini Prep	Fridays 6:45-7:45, Sundays 10:00-11:00 AM
Riot	5-8	Mini 1	Mondays 6:45-8:00, Saturdays 10:15-12:00
Bandits	5-11	Youth 1	Thursdays 6:45-8:15, Sundays 11:00-1:15
Wild	10-18	Senior 1	Wednesdays 6:15-7:45, Saturdays 11:30-1:45
Notorious	6-11	Youth 2	Wednesdays 5:00-6:30, Saturdays 1:00-3:15
TBD	11-18	Senior 2	Tuesdays 6:45-8:45, Saturdays 2:30-5:15
Showdown	10-16	International Junior 3	Thursdays 5:00-7:00, Sundays 12:30-3:15
Outlaws	11-18	Senior 4.2	Thursdays 8:00-10:00, Saturdays 5:45-8:30
Premier 1 - TBD	10-16	International Junior 1	Fridays 5:00-7:00, Sundays 2:30-4:30
Premier 2 - TBD	10-16	International Junior 2	Tuesdays 5:00-7:00, Saturdays 4:30-6:30
Smoke	14+	International Open 5	Monday/Wednesday/Friday 7:30-10:00
TBD	14+	International Open 6.0	Tuesdays 8:30-10:30, Sundays 4:30-6:30
TBD	14+	International Open Jazz/Hip Hop	Mondays 5:00-7:00, Sundays 6:30-8:30

- Fall practices begin September 3rd, 2020. Practice times are subject to change based on team placement results (we may need to change some times to accommodate crossover athletes, coaches' schedules, etc.)
- Weekend practices for Mini/Youth/Senior 1, Youth/Senior 2, Junior 3/Senior 4.2 include a tumbling class

Camps and Choreography

This season we are introducing a new concept: Stunt Week and Pyramid Week! The goal is to have stunt and pyramid sequences finished before choreography. Stunt Week will take place August 24th - 30th, Pyramid Week will take place September 3rd - 8th. For these weeks, weekend practices will be added as per our Fall Practice Schedule. Choreography will be as follows:

IO 5 – September 9th/10th 5:00-10:00 pm

IO 6.0 – September 11th/12th 5:00-10:00 pm

Premier 2 – September 13th 5:00-9:00 pm / September 14th 12:30-4:30 pm

Premier 1 – September 15th 12:30-4:30 pm / September 16th 5:00-9:00 pm

Mini 1 – September 14th/15th 9:00am-12:00pm

Senior 1 – September 14th/15th 5:00-9:00 pm

Junior 3 – September 17th/18th 5:00-9:00 pm

Senior 4.2 – September 19th/20th 5:00-9:00 pm

Mini Prep – September 21st/22nd 9:00am-12:00pm

Youth 2 – September 21st/22nd 12:30-4:30 pm

Senior 2 – September 21st/22nd 5:00-9:00 pm

Youth 1 – September 23rd/24th 5:00-9:00 pm

Dance – Choreography will occur throughout the season with guest instructors and the head coach

Additional Information

Gym Closures:

- Saturdays/Sundays for the months of June-August
- All statutory holidays
- Thanksgiving weekend – October 12th-14th
- Christmas break – December 21st – January 5th
- February break – February 15th- 21st
- Easter – April 11th – April 13th

Attendance Policy:

- All competitions are mandatory, no exceptions
- All practices and camps are mandatory
- Please do your best to schedule family vacations around scheduled gym closures. For example: an athlete who practices on Sunday and Tuesday would be able to be away from October 9th-19th and only miss a single practice, due to the practice on Sunday October 20th being cancelled. If you are planning a vacation during the regular season, you must fill out an absence request form found on our website.

Gym Policies:

- Please remove all outdoor footwear and place them on the racks
- Please stay off of equipment until your class or team practice begins
- No one may use any RCA equipment unless supervised by a certified coach
- Athlete cell phones are not permitted in the training area
- Negative and/or disrespectful behaviour will not be tolerated. Athletes and parents are required to abide by all policies outlined in our athlete/parent contracts which will be signed at registration

Gym Information:

- Rebels Cheerleading Athletics is located at 296 Henderson Drive, Regina, SK
- Email: info@rebelscheerleading.com
- Website: www.rebelscheerleading.com
- Find us on Facebook, Instagram and Twitter

If you have any questions, please contact us and we will be happy to help!