



Information Package 2022 - 2023

WELCOME to ECA!

We are are very excited to welcome you to Explosion Cheer Academy!

ECA's goal is to build a community of athletes that will not only exemplify empowerment, but will also demonstrate kindness, compassion, and humbleness. Our instructors will demonstrate these attributes by example, and with positive reinforcement. Together, we will develop a strong work ethic and a "WE OVER ME" mindset.

ECA will provide an inclusive environment where athletes will be empowered to grow, establish friendships, and achieve goals in a positive and uplifting environment.

WHAT IS CHEERLEADING?

Cheerleading is a competitive sport that incorporates stunting, tumbling, jumps and dance. Athletes train at a high level, achieving strength, power, endurance and flexibility.

In addition to gains in physical health, athletes also experience mental health benefits, leadership skills, confidence and self-esteem.

HOW ARE TEAMS MADE UP?

Explosion Cheer Academy is committed to providing the ideal environment for every type of athlete, no matter their skill level, experience, or ability. To achieve this, we will place athletes on their respective teams based on criteria such as, but not limited to: Age, Maturity, Tumbling and stunting ability, Experience in Cheer, and Commitment level.

Please note: ALL athletes that would like to join a Competitive All-Star Team must attend a placement date. Placement registration, and other information will be available on our website.

Recreational Cheer athletes can sign up online - No Placements are necessary!



WHY SUPPORT A LOCAL CHEER CLUB?

Because we support you... .

WHAT DO WE OFFER OUR COMMUNITY?

The Very Best . . .

Explosion has been molding the futures of young athletes for over 28 years! We are so excited to continue this incredible legacy with Explosion Cheer Academy!



The Very Best Instructors:

Coach Austin, Miss Jenna & Miss Videlle

With 18+ years of combined experience, our coaches are one of a kind. Our instructors' love and energy towards the sport really shows through their dedication and knowledge of cheerleading. With plenty of courses from choreography, stunting, tumbling, gymnastics, and conditioning, you're not going to want to miss out on working with this amazing TRIO!

The Very Best Facility:

ECA is pleased to offer you a World-Class Facility! We have THREE full sized sprung floors, including a Regulation-sized Cheer floor, two half floors, and a Studio. Our equipment ranges all the way from tumble tracks, trampolines, air tracks, and foam pits - to multiple cheese mats, training mats, landing mats, and safety mats.

**Our top priority is your athlete's
SAFETY!**

UNDER THE SCOPE

Program Comparison



RECREATIONAL

(All ages and skill levels)

If you're brand new to cheer, or interested in the sport, and don't really want to compete, our recreational program is a great place to start!

You will learn the building blocks of stunting, tumbling, and dance, but not have the pressure of competing.

Sign up for Recreational classes on our website.

POM CHEER

(Ages 5 - 16)

Calling all DANCERS! Cheer and Dance combos using stunts, kicks, and tumbling prep. Pom technique is sharp, clean and precise, while allowing for the use of concepts from Jazz, Hip Hop and High Kick. Pom is Fun!

Competitive

NOVICE

(Ages 4 - 6)

Tiny Novice is for our littles! If you're brand new to cheer, or interested in the sport, but don't want to over-commit, our Novice program is a great place to start!

Novice routines are a performance and will not be judged against other teams, so it's the perfect place to start CHEER!

PREP

(Ages 5 - 12)

"Prep" Teams are the perfect way to be introduced to competitive cheerleading. Athletes will be taught the fundamentals of cheerleading, coordination, flexibility and strength. These teams are a great option for families who want a competitive program but are not able to commit to additional training or the longer travel associated with Elite teams.

ELITE

(Ages 10+)

"All-star" is the true heart of competitive cheerleading around the World! This competitive stream is available to athletes of any age, and provides age groups, divisions, and levels for any and all skill levels and abilities!

All-Star is a higher commitment program, and athletes are expected to travel to competitions.

Important for Elites:

All team practices and competitions are mandatory. Athletes can be placed on probation, removed from a stunt group, or from a routine entirely if attendance is a problem. THIS IS FOR EVERYONE'S SAFETY!

Explosion

CHEER

★ A C A D E M Y ★

Novice

(Ages 4 - 6)

Registration:

Yearly Membership Fee of \$100 is due at time of Registration. This saves your place on the Team!

Training & Tuition

Training commitment - One-hour class x 2 classes (2 hrs/week)

Mon & Wed 4:30 - 5:30 pm

\$108 monthly tuition is due on the 1st of each month, from September until April.

Regular Season begins Sept 7.

Tuition Includes:

All Coaching Fees

Cheer Canada and Alberta Cheerleading Association Memberships

Choreography

Routine Music

Competition Hair Accessory

Not Included in Tuition:

Uniform

Jacket

Cheer Shoes

Competition makeup

Spectator Admission to competitions/performances

Individual Athlete's Travel to Competitions

Competition Fees & Costs (Budget \$75 per athlete per group's entry into each competition)

Uniforms:

This year is year 3 of a 3-year uniform cycle.

Uniform - \$290 (Ask us about secondhand uniforms)

Competition Schedule TBD



Explosion CHEER

★ A C A D E M Y ★

PREP

(Ages 5 - 12)

Registration:

Yearly Membership Fee of \$100 is due at time of Registration. This saves your place on the Team!

Training & Tuition

Training commitment -

U8 PREP - 1.5-hour class x 2 classes (3 hrs/week)

\$144 monthly tuition is due on the 1st of each month, from September until April.

Mon & Wed 4:30 - 6pm

Regular Season begins Sept 7

U12 PREP - 2-hour class x 2 classes (4 hrs/week)

\$176 monthly tuition is due on the 1st of each month, from September until April.

Mon & Wed 5:30 - 7:30 pm

Regular Season begins Sept 7

Tuition Includes:

All Coaching Fees

Cheer Canada and Alberta Cheerleading Association Memberships

Choreography

Routine Music

Competition Hair Accessory

Not Included in Tuition:

Uniform

Jacket

Cheer Shoes

Competition makeup

Spectator Admission to competitions/performances

Individual Athlete's Travel to Competitions

Competition Fees & Costs (Budget \$75 per athlete per group's entry into each competition)

Uniforms:

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Uniform - \$290 (Ask us about secondhand uniforms)

Competition Schedule TBD





Elite

(Ages 10+)

Registration:

Yearly Membership Fee of \$100 is due at time of Registration. This saves your place on the Team!

Training & Tuition

Training commitment -

U16 Elite Team - 2-hr class x 2 days per week (4 hrs/week)

Wed 4 - 6 pm & Fri 5:30 - 7:30 pm

\$176 monthly tuition is due on the 1st of each month, from Sept until May
PLUS 1-hr tumbling class with a 50% Team discount (unless exempted by coach)
Tues 7:30 - 8:30 pm

OPEN Team (14+) - 2-hr class + 1.5 hr class x 2 days/week (3.5 hrs/week)

Wed 7:30 - 8:30 & Fri 4 - 6 pm

\$160 monthly tuition is due on the 1st of each month, from Sept until May.

***CROSSOVERS to OPEN Team** - 50% discount on 2nd team monthly tuition only. (Tumbling classes already discounted)

Tuition Includes:

All Coaching Fees

Cheer Canada and Alberta Cheerleading Association Memberships

Choreography

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Competition Schedule TBD

POLICIES

These policies are put in place to ensure we have the best experience possible this season.

Sportsmanship Policy

ECA athletes must demonstrate exemplary sportsmanship and respect for others, including all fellow athletes, coaches, parents, spectators, event staff from both ECA and other clubs. Offensive comments or language, whether intentionally hurtful or not, are unacceptable. Athletes must display and project a favourable image of the club and the sport of Cheerleading. Athletes must contribute to a safe environment for positive learning, development, and competition for all athletes and coaches. ***If an athlete is disrespectful to others, they will be: 1st offence - warned; 2nd offence - removed from class & have meeting with parent; 3rd offence - removed from the Team.***

Dress Code Policy

Participants are expected to wear proper active wear and appropriate footwear for every practice. Street clothes and sports bras are not allowed. As midriffs are no longer allowed for competitions, we will follow the same rules for training. Long hair must be tied back in a ponytail, and all jewelry must be removed. ***"No Butts, No Boobs, No Bellies."***

Harassment & Bullying Policy

Explosion has ***zero tolerance*** for bullying and/or harassment in person and online. This includes offensive or derogatory comments and/or the poor treatment of other participants, coaches, parents, or spectators both within and outside of the club. Alberta Cheerleading Association's Athlete Code of Conduct also defines this type of unacceptable behaviour. Failure to comply with these policies will result in removal from the team,

Social Media Policy

All ECA athletes must conduct themselves positively and professionally on social media. This includes positive and professional representation and discussion of the club. Set a positive example to others!

Attendance, Illness & Injury Policy

Attendance at all practices, performances, and competitions is essential to the success of all teams at all levels. Athletes have an obligation to attend practices and participate in all activities unless they are ill AND actively contagious.

A maximum of 3 practices can be missed during "competition season." "Competition Season will be confirmed once the Competition Schedule is released.

Athletes who sustain an injury that affects their ability to participate, must provide a formal note from a doctor or physiotherapist which explains the injury and includes a date that they can return to training. ***Athletes are still expected to attend and observe practice, if at all possible.***

Black-out Policy

Athletes must be ***in attendance at ALL practices the TWO WEEKS prior to a competition*** in order to be allowed to compete in that competition.

Competition Policy

All Athletes are expected to arrive 45 minutes prior to the Check-In Time, with hair and make-up done. ***If an athlete arrives late for check-in or is missing competition attire, they will not be permitted to compete. No refunds.***

Conflict of Interest Policy

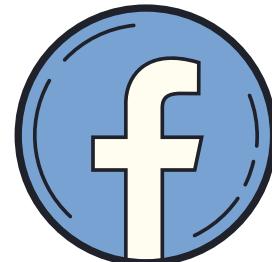
To ensure program focus, ECA coaches shall not coach for other club/teams. Our incredible facility will only be available to Our Members. OUR FOCUS IS ON OUR ATHLETES!

Food & Drink Policy

All food and drinks must be kept in gym bags with personal belongings. Explosion is a nut-free facility!



INSTAGRAM



FACEBOOK

Explosion_cheer_academy

WWW.EXPLOSIONCHEERACADEMY.COM