

Information Package 2021 - 2022

# 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...*

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# WHAT DO WE OFFER OUR COMMUNITY?

## The Very Best . . .

Explosion has been molding the futures of young athletes for over 25 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 15+ 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!**

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# 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 4 - 19)

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!

Recreational & Competitive

## TINY 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 - 17)

"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 ★ ACADEMY ★

## Tiny Novice

(Ages 4 - 6)

### Registration Fee:

Yearly Registration 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)

\$96 monthly tuition is due on the 1st of each month, from September until May.

### Tuition Includes:

All Coaching Fees  
Cheer Canada and Alberta Cheerleading Association Memberships  
Choreography  
Routine Music  
Competition Hair Accessory

### Not Included in Tuition:

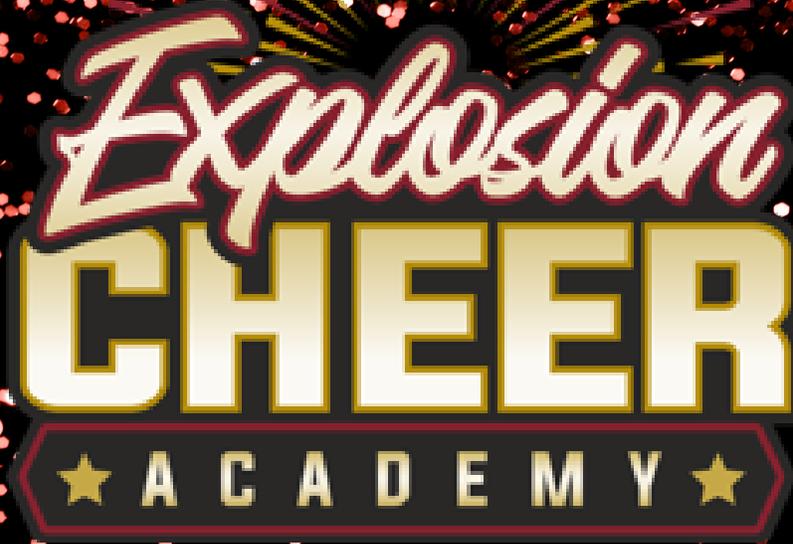
Uniform  
Jacket  
Cheer Shoes  
Competition makeup  
Spectator Admission to competitions/performances  
Individual Athlete's Travel to Competitions  
Competition Fees

### Uniforms:

Uniform - T-shirt & Shorts  
TBD

### Competition Schedule TBD





# Explosion CHEER ★ ACADEMY ★

## PREP (Ages 5 - 12)

### Registration Fee:

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

### Training & Tuition

Training commitment -

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

\$138 monthly tuition is due on the 1st of each month, from September until May.

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

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

### 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

### Uniforms:

This year is year 2 of a 3-year uniform cycle.  
Uniform - \$290

### Competition Schedule TBD



# Explosion CHEER

## ★ A C A D E M Y ★

## Elite

(Ages 10 - 17)



### Registration Fee:

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

### Training & Tuition

Training commitment -

Level 3 Elite Team - 2-hr class only (current gymnasts) = \$96 per month

PLUS 3-hr class (5 hrs/week) = \$220 per month

Monthly tuition is due on the 1st of each month, from September until May.

### 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

### Uniforms:

This year is year 2 of a 3-year uniform cycle.

Uniform - \$290

### Competition Schedule TBD

# Referral Program



Do you know someone who would like to join one of our All-Star Competitive Teams? If your friend joins ECA, you will receive a credit to your account upon your friend's registration! Your friend's Registration Form MUST list your name in order to qualify.

**1st Friend- \$100**

**2nd Friend- \$75**

**3rd Friend- \$50**

*Thank  
you!*

# Cheer AND Gymnastics?

## Explosion's Loyalty Program

Explosion Gymnastics Recreational Members:

15% DISCOUNT on the less expensive monthly tuition

Explosion Gymnastics Competitive Team Members:

15% DISCOUNT on the less expensive monthly tuition

Former Explosion Gymnastics Competitive Team Members:

(minimum of 3 years as a Compet Team Member)

15% DISCOUNT on cheer monthly tuition

We are proud to offer the  
**BEST RATES** possible for  
Our Community!



# IMPORTANT DATES

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**Please note that all dates are  
subject to change!**

## **YOU WON'T WANT TO MISS THESE DATES:**

**August 23 - 25 - Cheer Camp with Nick  
and Hailey with Vision Cheer Company**

**August 26 - Cheer Tryouts/Team  
Placements**

**August 31 - Team Reveal Party**

**September 1 - First Day of Cheer!**

**Uniform sizing - September 28**

Competition  
Dates to be  
Announced

Our Community Deserves  
the Very Best!

## TEAM BUS

We are so excited this year to have our own 52-passenger BUS that has been generously sponsored to Explosion to use at Performances and for Distance Travelling! (See Travel Policy on page 13)

# WE AIM FOR GREATNESS

BE PART OF OUR TEAM



# POLICIES

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

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## 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.

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.

## 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,

## 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.

## Team Travel Policy

ECA athletes are expected to travel together as a team for all distance competitions (outside of Alberta/Sask). The club will take our own 52-passenger Explosion Bus. There will be an option for families to travel on the bus with the club. These travel costs are not included in the annual fees, and will be decided based on team interest.

## 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 members of ECA, and not competing cheer clubs. With current restrictions, OUR FOCUS IS ON OUR ATHLETES!

## 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.

## Social Media Policy

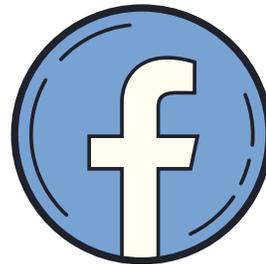
All ECA athletes must conduct themselves positively and professionally on social media. This includes positive and professional representation and discussion of the club. Set a positive example to others!

## 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**