

Information Package 2023 - 2024

WELCOME to ECA's 4th Season!

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.

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!

OPTIONAL FUNDRAISING

Monthly Fundraising to pay for part
or all of your cheerleading fees!

WHAT DO WE OFFER OUR COMMUNITY?

The Very Best . . .

Explosion has been a staple in the community for decades, and now we are the longest-running cheerleading club as well. We are excited to continue building on the firm foundation that has already been established.

We will continue providing a positive and healthy environment for our athletes. Our coaches have a positive style of coaching, and understand the athletes come first.

Explosion is committed to continue providing opportunities for our team of coaches and athletes to become the very best that every athlete and coach can be. We will not accept mediocre, and are resolved to continue elevating athletes and coaches.

As we look forward to this season, we are extremely excited to have won a bid to go to Worlds 2024 in Orlando. This is the first of many Worlds to come!

Our Incredible Instructors:

Miss Jenna, Miss Videlle, Ms. Kennedy & Miss Rachel

Our instructors are absolutely AMAZING! Their love and energy towards the sport really shows through their dedication and passion about cheerleading. With plenty of courses about choreography, stunting, tumbling, and strength training, you're not going to want to miss out on working with this extremely talented coaching team.

Our Amazing Facility:

ECA is pleased to offer you a World-Class Facility! We have THREE full-size sprung floors (including a Regulation-sized Cheer floor) and THREE half-floors. 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!**



Where Do I Start?

All Star Cheerleading teams are created by using the Cheer Canada Age Grid. Using the athlete's birth year, the youngest possible division is where the athlete will compete. Using that division, view the time and financial commitment required in each stream (Pom, Novice, Prep, Elite) to determine the program that is right for your family.

Age Division	Born in
U6	2017 - 2019
U8	2015 - 2019
U12	2011 - 2016
U16	2007 - 2012
U18	2005 - 2010

CROSSOVERS

Being on more than one team is called a "crossover."

This is an excellent way to increase your skill level since crossovers train for twice the amount of time and perform twice at the same competitions.

As long as it is in the age-appropriate divisions, you may cross over to teams within each stream: Novice, Prep, Elite.

Crossovers receive 50% off the 2nd team's tuition.

FAQs

Q: Can I be on a competitive team if I have no cheer or tumbling experience?

A: In most cases, yes. If the program is not full, all athletes will be placed in an all star program. If we have more athletes than positions, or if an athlete requires additional time to work on his or her skills, some athletes may be recommended for a recreational team.

Q: If I don't make the team I want in the spring tryouts, can I move up later?

A: If an athlete achieves new skills during the summer, and there is a space and a need on a higher level team, we will consider moving the athlete up.

Conversely, if an athlete is chosen for a higher level team and cannot perform the necessary skills or loses skills, he or she may be moved down a level.

Q: Can I be on an older team even if my age fits with a younger team?

A: It's important to have well-balanced teams in regards to both age and ability. If there is a team for your skills at your age division, you will not be moved to the next age division unless the coaches determine that a specific spot needs to be filled. Athletes should experience what it is like to be the youngest and the oldest on a team for a well-rounded experience.

UNDER THE SCOPE

Stream Comparison



RECREATIONAL

(All ages and skill levels)

If you're brand new to cheer and don't really want to compete yet, 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

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!

POM teams practice twice per week, and perform at our gym showcase in November and compete at 5 competitions within Alberta/Saskatchewan.

If you're on a Pom team, you can cross over to a Novice, Prep, and Elite team as well.

ALL STAR NOVICE

If you're interested in the sport, but don't want to over-commit, our Novice program is a great place to start! Our first session of Novice runs from September to December, and our second session from January to April. Athletes may choose to participate in one or both sessions. Novice teams practice once per week perfecting level one stunting, tumbling and jumping. These teams perform at our gym showcase in November and compete at 2 competitions within Alberta/Saskatchewan. Novice routines are unranked, and do not place an emphasis on winning, so it's the ideal place to start CHEER!

ALL STAR PREP

"Prep" athletes will be taught the fundamentals of cheerleading, coordination, flexibility and strength. This is a half-year or full-year program. Training during the summer is not mandatory, but is HIGHLY recommended! Prep teams practice twice per week perfecting stunting, tumbling and jumping skills. Prep teams perform at our gym showcase in November and compete at 4 competitions within Alberta/Saskatchewan. These teams are great for highly dedicated athletes and families without the additional training, competition and financial commitments of All Star Elite.

ALL STAR ELITE

Our Elite program is for athletes who are working on mastering and perfecting the required tumbling and stunting skills for their level. This is a full year program, running from June to mid April/May. These teams practice twice per week (plus additional training) perfecting a challenging level one through seven routine. These teams perform at our gym showcase in November and compete at 6 to 7 competitions within Canada. Elite teams can also qualify for bids to compete outside of Canada as well. These teams are for highly dedicated athletes and families.

Training & Tuition

Don't forget to ask about our
School Shuttle Service!

Teams	June Training (June 5 - 29)	July Training (July 4 - 19)	Fall Training (Aug 14 - Apr 21)	Team Choreo	Monthly Tuition *Crossovers get 50% off 2nd Team
U12 Pom	Team Begins Sept 27	Team Begins Sept 27	Wed 6 - 7 pm Fri 4 - 5 pm	Sept	\$112.32
U16 or U18 Pom	Team Begins Sept 25	Team Begins Sept 25	Mon 4 - 5 pm Fri 4:30 - 5:30	Sept	\$112.32
U6 Novice	Team Begins Sept 14/Jan 11	Team Begins Sept 14/Jan 11	Thursday 5 - 7 pm	Sept/Jan	\$112.32
U8 Novice	Team Begins Sept 12/Jan 9	Team Begins Sept 12/Jan 9	Tuesday 5 - 7:30 pm	Sept/Jan	\$125.58
U12 Novice	Team Begins Sept 12/Jan 9	Team Begins Sept 12/Jan 9	Tuesday 5 - 7:30 pm	Sept/Jan	\$125.58
U8 Prep FIRESTARTERS	Tues & Thurs 4 - 5:30 pm	Optional Tues 4:30 - 6:30	Tues & Thurs 4 - 5:30 pm	Sept 11 - 14, Sept 18 - 22, Nov 6 - 9 & Feb 5 - 8	July \$112.32 June & Fall \$149.76
U12 Prep RENEGADES	Tues & Thurs 5 - 7 pm	Optional: Tues 4:30 - 6:30	Tues & Thurs 5 - 7 pm	Sept 11 - 14, Sept 18 - 22, Nov 6 - 9 & Feb 5 - 8	July \$112.32 June & Fall \$183.04
U16 Prep	Tues & Thurs 6:30 - 8:30 pm	Optional: Tues 4:30 - 6:30	Tues & Thurs 6:30 - 8:30 pm	Sept 11 - 14, Sept 18 - 22, Nov 6 - 9 & Feb 5 - 8	July \$112.32 June & Fall \$183.04
U8 Elite COMBUSTION	Tues & Thurs 4 - 6 pm	Tues 4:30 - 7:30 (with tumbling)	Tues & Thurs 4 - 6 pm & Every Other Fri 5:45 - 7:45 pm	Sept 11 - 14, Sept 18 - 22, Nov 6 - 9 & Feb 5 - 8	July \$149.76 June & Fall \$213.20
U12 Elite IGNITION	Mon & Wed 4 - 6 pm	Wed 4:30 - 7:30 (with tumbling)	Mon & Wed 4 - 6 pm & Every Other Fri 5:45 - 7:45	Sept 11 - 14, Sept 18 - 22, Nov 6 - 9 & Feb 5 - 8	July \$149.76 June & Fall \$213.20
U16 Elite DYNAMITE	Tues & Thurs 6:30 - 8:30 pm	Wed 4:30 - 7:30 (with tumbling)	Tues & Thurs 6:30 - 8:30 & Every Other Fri 5:45 - 7:45 pm	Sept 11 - 14, Sept 18 - 22, Nov 6 - 9 & Feb 5 - 8	July \$149.76 June & Fall 213.20
U16 Elite DETONATION (Worlds)	Mon & Wed 5:30 - 7:30 pm	Wed 4:30 - 7:30 (with tumbling)	Mon & Wed 5:30 - 7:30 & Every Other Fri 5:45 - 7:45	Sept 11 - 14, Sept 18 - 22, Nov 6 - 9 & Feb 5 - 8	July \$149.76 June & Fall \$213.20
U18 Elite BOMBSHELLS	Mon & Wed 7- 9 pm	Wed 4:30 - 7:30 (with tumbling)	Mon & Wed 7 - 9 pm & Every Other Fri 5:45 - 7:45	Sept 11 - 14, Sept 18 - 22, Nov 6 - 9 & Feb 5 - 8	July \$149.76 June & Fall \$213.20

Novice Teams - Tumbling is included during your regular class times. Tumbling classes are optional.

Prep & Elite Teams: One Tumbling class/wk is included in monthly tuition. Additional classes receive 50% Discount.






















June & Fall Tumbling: Mon, Tues, Wed, Thurs, Fri *Tumbling classes are only available for ECA's Cheer Teams*

June & Fall for FLYERS: Flyer/Flexibility class/wk is included in monthly tuition. Fri 4 - 4:45 pm

Competitions

Attendance at all practices, performances and competitions is essential to the success of both individual athletes and teams at all levels.

All Athletes are expected to arrive at competitions 45 minutes prior to the Check-In Time, with hair and make-up done.

Teams	ECA Showcase Nov 26	Battle at the Border Lloydminster Dec 2 - 3	Cold Snap Edmonton Jan 19 - 21	Take Flight Cold Lake Jan 27 - 28	True North Edmonton Mar 1 - 3	Warman Cheer Classic Mar 8 - 10	All-Star Extravaganza Edmonton Apr 12 - 14
Novice Teams							
Prep Teams							
Pom Teams							
Elite Teams							

Hotel reservation info will be provided for each Competition.
Please do not book until hotel information is distributed.
We will be staying together as a team!

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.

Other Important Dates:

Sept 11 - 14, Sept 18 - 21, Nov 6 - 9, Feb 5 - 8 -
Choreography (Bryan T)
October 23 - 25 - Specialist here (Bryan - Cheer Factory)
Nov 25 - Extra Practice for Showcase
Nov 26 - SHOWCASE @ Explosion
Dec 23 - Jan 7 - Christmas Holidays
March 11 - Team Pictures
March 18 - 20 - Level Up Camp (Chris - Cheer Factory)
April 18 - 21 - Worlds Team goes to Orlando
April 28 - End of Year Celebration





Team Calendar with Open Gyms & Fundraising Calendar will be sent to Team Members

Membership Fee:

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

How Tuition is Calculated:

Monthly tuition has been calculated by taking the entire year's training fees and dividing them into equal payments. They are not reflective of any given month.

All Star NOVICE Teams Tuition:

1st Session (Sept 12 - Dec 19)

2nd Session (Jan 9 - Apr 23)

First monthly payment due at the time of registration, and the remaining payments will be withdrawn during the first 3 business days of each month, starting October 2023 for Session 1 and February 2024 for Session 2.

All Star PREP & ELITE Teams Tuition:

First monthly payment due at the time of registration, and the remaining payments will be withdrawn during the first 3 business days of each month until April 2024.

Tuition Includes:

All Coaching Fees, Cheer Canada and Alberta Cheerleading Association Memberships, Choreography, Routine Music, Specialist Training Sessions, Training Gear (detailed on next page), and OPEN GYM for additional practice (available for competitive team members only.)

Uniforms & Competition Fees:

- All teams wear all-white shoes
- We are entering year one of a three-year uniform cycle. Uniforms will be sized in June (Prep and Elite) and in September (Pom & Novice)
- Uniform payment will be divided into 3 payments for Prep & Elite - June 20, July 20, Aug 20
 - Estimates: (final amounts by June 1st)
 - Novice - T-shirt & shorts (\$85)
 - Prep & Elite - \$325 - \$375 (same uniform so athletes can compete Prep one year and Elite the next without needing a new uniform)
 - Pom - Same uniform as Prep & Elite
- Competition Fees & Costs will be divided into 3 payments - Sept 20, Oct 20, Nov20
 - Pom, Novice & Prep - \$50 per athlete per group's entry into each competition
 - Elite - \$75 per athlete per group's entry into each competition (not including Worlds)
 - Crossovers - \$30 per athlete per group's entry (not including Worlds)

Sibling Discount:

10% Discount on Monthly Tuition for the 2nd child will be given for multiple children enrolled at the same time in our Competitive Program. Sibling discount does not apply to Tumbling and Crossovers, as they are already discounted.





ECA's Training Gear

Training gear is a unifier, and athletes are expected to wear ECA Team Training Gear and all-white shoes for practices. Long hair must be tied back away from the face.
All jewelry must be removed. Any jewelry that cannot be removed, must be taped.

Training Gear (included in fees):

Novice Teams - 1 top & bow
(wear at 1 practice per week)

Prep Teams - 1 top & bow

(1st practice of the week wear ALL BLACK and ECA's training bow;

2nd practice of the week wear ECA's provided Training Gear with ECA's training bow)

Elite Teams - 1 top, 1 bottom & bow

(1st practice of the week wear ALL BLACK and ECA's training bow);

2nd practice of the week wear ECA's provided Training Gear and ECA's training bow)

Athletes training on "Every Other Fridays", tumbling classes, and flyer/flex training can wear any athletic wear they prefer. Optional bow.

Novice & Prep families provide black bottoms to wear with Training Gear tops.

**Additional Training Gear available
through Explosion**



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.***

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.

Viewing Policy

Less is more. If you watch training, it becomes a distraction for your athlete. The more you watch, the less progress you will notice because of the small changes that happen every day that reap great results in the long term. By limiting your viewing to the first 7 calendar days of each month only, it gives the athlete the opportunity to show you their progress, and it motivates them during the rest of the month.

When you do come watch, interaction with training athletes is not permitted - even when they are very young. They need to learn to work on their own and have family time separate from the gym. They need you, once you leave the gym, to show support. Calling or visiting from the sidelines distracts the athletes, the Team, and can compromise the instructors' efforts during the practice. If parents and athletes are not following this rule, they will be asked to leave for the rest of the day. If it is an emergency, you must speak to the instructor directly or have another staff member relay your message to the instructor. Parents are not allowed on the gym floor at any time.

Attendance 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 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!**

A maximum of 3 practices can be missed during "competition season." (November through April). It is crucial for the success of every team!

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.***

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.

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 and athletes shall not coach/participate for or with other club/teams. Our Tumbling classes and special Open Gyms are for our cheer teams exclusively.

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!



INSTAGRAM



FACEBOOK

Explosion_cheer_academy

WWW.EXPLOSIONCHEERACADEMY.COM

Questions?

Email us at explosionlloyd@gmail.com