

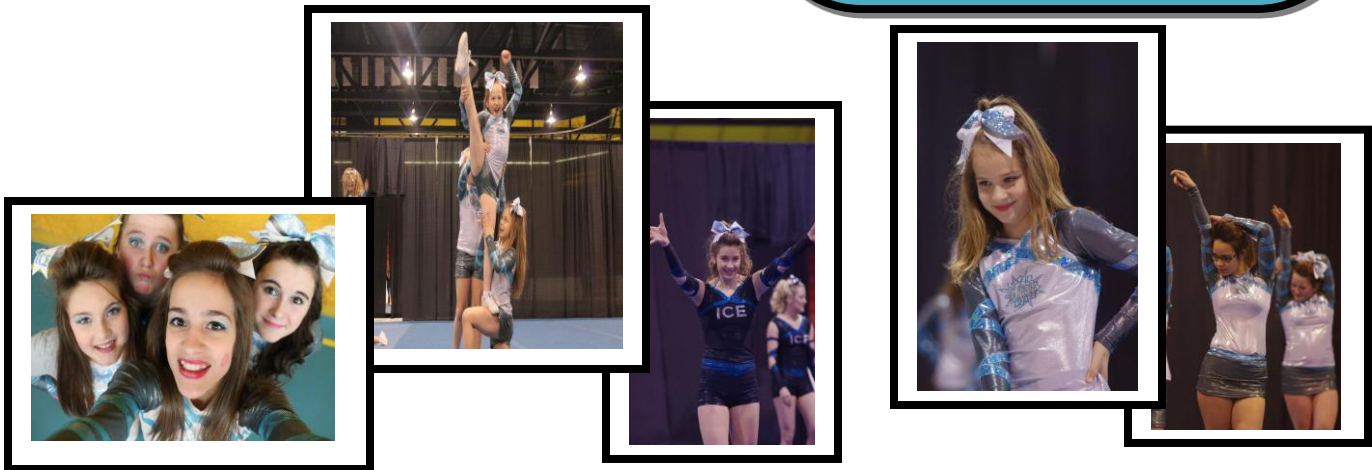
ICE All Stars is the lowest-priced high-quality all star cheer program in the Province!!

Become a Part of the Most Successful New All-Star Cheerleading Gym in Nova Scotia.



Placements for the 2013-2014 Competitive Season
May 20- Ages 12 and over, 6-8pm
May 21- Ages 11 and under, 6-8pm
May 22- Ages 8 and under, 6-8pm
(Ages as of August 31, 2013)

CHAMPIONS TRAIN HERE!!!



INTREGRITY CHEER ELITE: ICE PACKAGE 2013-14

THE BEST FACILITY!

Our facility, ParadICE, located in the Windsor Industrial Park, is a cheerleading facility unlike any other in Atlantic Canada. The top notch gym is located right off of the Highway 101 and is only 25 minutes from Bedford and Berwick. We offer training in a large cheerleading dedicated gym that has a full size spring floor, spring tumbling strips, and a 30 foot tumbling track. We are excited that our facility will be expanding in 2013-14 to include a comfortable lounge area with kitchen facilities, improved locker room spaces and a ground pit to ensure safe tumbling progressions.

THE BEST NEW PROGRAMS!

ICE will also be partnering with a gymnastics club to bring fundamental training in tumbling and the other facets of gymnastics to our athletes and to surrounding families from Metro Halifax through the Annapolis Valley.

THE BEST COACHING STAFF!

Our experienced and fully certified coaching staff stresses strong fundamental skills from which our members develop into self-confident athletes on successful cheer teams. ICE coaches have made ICE one of the most successful cheerleading gyms in Nova Scotia.

Welcome to the 2013-14 Competitive Cheerleading Season at Integrity Cheer Elite All Stars!!!

The following package contains all the important information for those interested in registering with All-Star Cheerleading this year.

ICE thanks you for your interest in our program. On behalf of our staff and the families already training at ICE, we welcome you and encourage you to join us for what is guaranteed to be a very exciting 2013-14.

Although we are dedicated to producing the best athletes, we have team work and fun at the forefront of our program foundation. We laugh, play, and smile at every practice and at every opportunity.

This package contains all the information you will need to make an informed decision regarding our program. It includes program overview, costs and more. If you ever have a question please don't hesitate to contact us.

How to get involved...

- Read the ICE package information thoroughly
- Attend placements on May 20, 21 or 22nd.



2013-14 TEAMS

At ICE, we have a team for everyone; from our Mini ICE Twinkle to our Open Black Ice team. We offer specialty classes such as private tumbling, future flyers, and recreation cheerleading as well as our parent/adult team. There are no "tryouts" at ICE. We have enough members that every athlete is placed on a team at their appropriate level. No athlete is left behind.

Team placement sessions are very low pressure as there is nothing to prepare. Athletes should come ready to show the coaches what they are able to do confidently - those with little or no experience will be coached through the process.

**ICE ALL STARS
IS THE HOME OF TWO
PROVINCIAL
CHAMPIONSHIP
WINNING TEAMS LAST
YEAR!**



TEAM PLACEMENTS

All coaches will work together to place athletes accordingly based on skill set and age. If you have specific teams you are not willing to accept a position on, please do not check that box on your athlete information form. We strongly suggest that all athletes express their willingness to accept a position on every team they are age eligible for. The more teams you select, the better chance we have at placing you on a team!

CROSSOVER ATHLETES

ICE also allows athletes to compete on more than one team as long as their age, schedule, dedication and skill-set allow for it. These athletes will pay the fees of their lower level team and will then pay an additional amount to cover the competition fees of the other team or teams. For most teams this additional amount will be \$150.00. Athletes interested in being considered crossover athletes should make sure that they select that option on their athlete information form.

*** If interested in being a crossover athlete, please select this option on Placement Info Form.

LEVEL UP ATHLETES

Level up options will be available for selected athletes that would like additional training with a team that is a higher level than the team that they have been placed on. There is NO FEE for level up athletes. This is a fantastic opportunity for dedicated athletes to benefit from working with athletes training skills at a higher level. There will be fewer than 5 level up athletes on any team.

*** If interested in being a level up athlete, please select this option on Placement Info Form.

FAST TRACK PLACEMENT

Athletes that have been with ICE All Stars for 2 seasons do not need to come to placements on May 20, 21 or 22. These athletes can just fill out and drop off the Placement Info Form at any time prior to 5pm on May 22nd. We know you, we adore you, and we will place you. Families stick together!!

Uniform cost range from \$150-250 when purchased new. There is a uniform swap available to help alleviate some of this financial burden. Cheer sneakers range from \$45- \$95.

ALL ATHLETES PURCHASING NEW UNIFORMS CAN FUNDRAISE THE VALUE OF THEIR

Team Levels and Training Details:

Mini: 1.5 hours per week, cheer/tumble combined

Levels 1 and 2 teams (Youth through Senior):

2 hours of cheer and 1 hour of tumbling per week

Levels 3 and up teams (Youth through Open):

2.5 hours of cheer and 1.5 hours of tumbling per week

Glacier: intensive training teams (travelling,

Levels 3 or 4): 4 hours of cheer and 2 hours



ICE FEES 2013-14

ICE is the highest quality, lowest price cheerleading program you will find in the Province!

Our fees are all-inclusive:

We do not break up our fees to make them appear smaller. There are no additional fees unless you decide to take additional specialty classes, private training, or need to purchase a uniform.

LOTS of Fundraisers, NO Mandatory Fundraisers:

ICE offers a lot of different fundraisers for every athlete/family that would like to participate in order to alleviate some of their fees. (payment options 2 and 3 only). Last year, ICE athletes fund-raised almost twenty thousand dollars towards their ICE fees. LOTS of fund-raising opportunities will be available starting in June and will continue until December 2013. Glacier athlete can fund-raise until their trip in May, 2014.

There is NO mandatory fundraiser (no more 200 Club) this year. The amount brought in from that fundraiser has been included in the fees and will be up to the athlete/ family to fundraise if they wish.

Participation Grants

The community recognizes the importance of gyms like ICE in keeping our Youth healthy and happy. Please request information on community grants that may be available to assist athletes in managing the ICE fees.

Family Discount

Families that have more than one athlete on an ICE team will receive a discount of \$40 on each additional child registered on a competitive team. ICE appreciates your commitment to their programs!

TEAM SPECIFIC FEES:

MINI SPECIFIC: (Under 8 years old, Level 1)

Umbrella Fees: Building Lease, all utilities, supplies, advertising, coaches training, music, memberships and insurance: \$450.00

Coaching, *June 2013- May 2014 (except for summer, Christmas and March break shut-down)*: \$90

Competitions: 3 local plus Provincials \$75

Total Fees: \$615

Payment:

OPTION 1:

Full payment on June 2nd; get a 10% discount on fees: \$553.50

OPTION 2:

Half payment on June 2nd: \$307.50;

the remainder must be paid by December 01; \$307.50;

Half of these fees may be fundraised if athlete/ family wish

OPTION 3:

Third payment on June 2nd: \$205.00;

One-third payment on Sept 01: \$205.00;

The remainder must be paid by December 01: \$205.00;

Half of these fees may be fundraised if athlete/ family wish

YOUTH (UNDER 11) THROUGH SENIOR (UNDER 18) LEVELS 1 OR 2 SPECIFIC:

Umbrella Fees: Building Lease, all utilities, supplies, advertising, coaches training, music, memberships and insurance: \$450.00

Coaching, *June 2013- May 2014 (except for summer, Christmas and March break shut-down)*: \$125

Competitions: 4 local plus Provincials \$95

Total Fees: \$670

Payment:

OPTION 1:

Full payment on June 2nd; get a 10% discount on fees: \$603.00

OPTION 2:

Half payment on June 2nd: \$335.00;

the remainder must be paid by December 01; \$335.00;

Half of these fees may be fundraised if athlete/ family wish

OPTION 3:

Third payment on June 2nd: \$223.33;

One-third payment on Sept 01: \$223.33;

The remainder must be paid by December 01: \$223.33;

Half of these fees may be fundraised if athlete/ family wish

YOUTH THROUGH OPEN LEVELS 3, 4 OR 5 SPECIFIC:

Umbrella Fees: Building Lease, all utilities, supplies, advertising, coaches training, music, memberships and insurance: \$450.00

Coaching, *June 2013- May 2014 (except for summer, Christmas and March break shut-down)*: \$185

Competitions: 4 local plus Provincials \$95

Total Fees: \$730

Payment:

OPTION 1:

Full payment on June 2nd; get a 10% discount on fees: \$657.00

OPTION 2:

Half payment on June 2nd: \$365.00;

the remainder must be paid by December 01; \$365.00;

Half of these fees may be fundraised if athlete/ family wish

OPTION 3:

Third payment on June 2nd: \$243.33;

One-third payment on Sept 01: \$243.33;

The remainder must be paid by December 01: \$243.33;

Half of these fees may be fundraised if athlete/ family wish

UNIFORM SWAP:

To help with the cost of uniforms, we will have a uniform swap at the registration meeting. Come and buy or sell pre-owned uniforms!

All athletes purchasing new uniforms can fundraise the entire value of their uniform.



ADDITIONAL FUND-RAISING OPPORTUNITIES:

Throughout the competition year, ICE All-Star Cheerleaders will be given the opportunity to participate in fund raising events in an effort to provide some financial relief towards their fees and uniform costs. Fund raising activities may include, but are not limited to: tagging, selling raffle tickets, grocery bagging, bottle drives, etc. Athletes interested in participating in these opportunities should complete the ICE Fund Raising Consent Form and submit it to the ICE Fund Raising Committee by June 30, 2013.

GLACIER INTENSIVE TRAINING ATHLETES Levels 2, 3, or 4 Specific:

Umbrella Fees: Building Lease, all utilities, supplies, advertising, coaches training, music, memberships and insurance: \$450.00

Coaching, June 2013- May 2014 (except for summer, Christmas and March break shut-down): \$350

Competitions: 4 local plus Provincials \$95

2014 Trip: Canadian Nationals in Niagara Falls

May, 2014, Niagara Falls. 5 days, \$450 (hotel, competition fees) plus transportation (\$250 bus or flights depending on deal) (can fund-raise 100%, must stay with the team from Thursday through Sunday)

Approximate Total Trip Cost: \$850

2015 Trip: UCA All Star InterNationals, Orlando Florida

March 2015, 7 days, \$1000 (hotel, excursions/ park-hopper, competition fees, celebration party, airport transfers) plus transportation (can fund-raise 100%, must stay with the team from Thursday through Monday)

Approximate Total Trip Cost: \$1550

Total Fees 2014 \$895 plus \$850 travel

Total Fees 2015 \$895 plus \$1550 travel

Payments for 2013-14 Season:

OPTION 1:

Full payment on June 2nd; get a 10% discount on fees: \$805.50

OPTION 2:

Half payment on June 2nd: \$447.50;

The remainder must be paid by December 01; \$447.50;

Half of these fees may be fundraised if athlete/ family wish

OPTION 3:

Third payment on June 2nd: \$298.33;

One-third payment on Sept 01: \$298.33;

The remainder must be paid by December 01: \$298.33;

Half of these fees may be fundraised if athlete/ family wish



DATES TO REMEMBER

TEAM PLACEMENTS- MAY 20, 21, 22, 2013

TEAMS ANNOUNCED- MAY 28, 2013

REGISTRATION & PARENT MEETING- JUNE 2, 2013

CAMPS- AUGUST 12- 14 AND AUGUST 19-21, 2013

CHOREOGRAPHY CLINICS - AUG 26-29, 2013

CLASSES START FOR FALL- SEPT 3, 2013

THANKSGIVING HOLIDAY- OCT 14, 2013

CHRISTMAS BREAK- DEC 20, 2013- JAN 4, 2014

COMPETITION SEASON- FEB- MAY, 2014

PROVINCIALS- MAY 3 & 4, 2014

ATTENDANCE EXPECTATIONS

We cannot do our job as coaches if we are unable to work with the entire team at every practice. Therefore, practices are mandatory from Sept 2 to May 5, 2014. Coaches have the right to remove a member from performing at a competition if they miss a team practice leading up to a competition.

Illness: Unless determined by your Doctor to be contagious, you should still attend team practice (sitting-out on the side) and observe/learn even if you don't feel well enough to actively participate. If an athlete becomes sick unexpectedly, a personal phone call directly to the athlete's Cheer Coach **MUST** be made. Social media allows for quick contacting of Coaching staff so no excuses.

Injuries: If you incur an injury that prevents you from practicing, you still need to attend your team practices (sitting out on the side and/or doing what you can) to keep up with the routine and learn. Also, if an injury keeps you from participating in practice, ICE will need a Doctor's note or a note from a parent "clearing" you to return, **BEFORE** you may participate again.

Academics: Academic success is your #1 priority, **NOT** your #1 EXCUSE! Please manage your school time, as it is your first priority. Time management is expected and we believe that all athletes are Capable of performing well in school, while still keeping their commitment to their ICE All Star team. School is the #1 priority; however homework/tests and studying are not valid "excuses" to miss practice and let down your team.

Family Vacations during the School Year: Vacations may be approved by coaches at least 30 days prior to the absence as long as they do not interfere with practices and competitions between Feb and May. Athletes and families need to understand that absences may result in returning to new spots / choreography / placement in routine(s) and/or stunts and/or formations. ICE will run practices in the most effective way possible when a child is missing putting the ENTIRE team's needs before the absent child's.

NEW AT PARAD"ICE"

Starting in the 2013-14 season, ICE will be partnering with Windsor Gymnastics!

This new and exciting program will open with "Parents and Tots (Ages 2-3)" as well as a "Mini Rec (Ages 3-5 and Ages 5-7)" classes.

All gymnastics classes will be held on Saturdays and Wednesdays.

Call 902-499-9151 or 902-981-6556 for more information.

makeithappenhs@gmail.com



**CHEER NOVA SCOTIA
INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT**

(FOR THOSE UNDER THE AGE OF MAJORITY (18 and Under))

WARNING!

By signing this document you will waive certain legal rights, including the right to sue. Please read carefully.

Participant's Name: _____ Date: _____

1. This is a binding legal agreement; therefore clarify any questions or concerns **before** signing. As a Participant in the sport of cheerleading and the programs, competitions, travel and activities organized, operated or conducted and/or sanctioned by Cheer Nova Scotia (collectively the "Events"), the undersigned, being the Participant and/or the Parent/Guardian of the Participant (collectively the "Parties") acknowledges and agrees to the following terms:

Disclaimer

2. Cheer Nova Scotia and its directors, officers, committee members, members, employees, volunteers, participants, agents and representatives (collectively the "Association") are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the sport of cheerleading or any Events, caused by the risks, dangers and hazards associated with the sport of cheerleading or the Events.

† We have read and agree to be bound by paragraphs 1 and 2.

Description of Risks

3. The Participant is participating voluntarily in the sport of cheerleading and/or the Events. In consideration of my participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:
- a) Executing strenuous and demanding physical techniques;
 - b) Dryland training including weights, running and massage;
 - c) Vigorous physical exertion, rapid movements, quick turns and stops, and strenuous cardiovascular workouts;
 - d) Exerting and/or stretching various muscle groups;
 - e) Collisions with walls, any cheerleading apparatus, floors or mats;
 - f) Falling, tumbling or hitting any cheerleading apparatus, the floor, mats, ceiling, stands, equipment or other surfaces;
 - g) Physical contact with other participants (including spotters whose role is to enhance safety and learning);
 - h) Failure to properly use any cheerleading apparatus;
 - i) Failure to participate within one's abilities;
 - j) The mechanical failure of any cheerleading apparatus;
 - k) Spinal cord injuries which may render me permanently paralyzed; and/or
 - l) Travel to and from competitive events and associated non-competitive events which are an integral part of the Association's activities.
4. Furthermore, the Parties are aware:
- a) That injuries sustained can be severe;
 - b) That the Participant may experience anxiety while challenging themselves during the sport of cheerleading and the Events;
 - c) That the Participant's risk of injury is reduced if they follow all rules established for participation; and
 - d) That the Participant's risk of injury increases as they become fatigued.

Release of Liability

5. In consideration of the Association allowing the Participant to participate, the Parties agree:
- a) That the Participant's physical condition has been verified by a medical doctor to participate;
 - b) To freely accept and fully assume all such risks, dangers and hazards and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from the sport of cheerleading and/or any Events;
 - c) To forever release the Association from any and all liability for any and all claims, demands, actions and costs that might arise out of the Participant's participation in the sport of cheerleading or any Events.

We have read and agree to be bound by paragraphs 3 -5.

Acknowledgement

6. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, executors, administrators and representatives.

Printed Name of Participant

Signature of Participant

Participant's Date of Birth (MM/DD/YYYY)

Printed Name of Parent or Guardian

Signature of Parent or Guardian

Date

School or Gym Name

Location



ICE All Stars Placement Information Form

2013-14

Bring with you to placements:

1. Placement Info Form
2. \$5
3. Informed Consent and Assumption of Risk

Athlete's Name: _____

Age (As of Aug. 31, 2013): _____

Birthday: _____

Current Grade 2013-2014: _____

Parent's Name: _____

Contact Number(s): _____

Parent E-mail: _____

Emergency Contact Name/Number: _____

PLEASE ANSWER THE FOLLOWING QUESTIONS:

1. Are you interested in being a crossover athlete (any level athlete- coach's discretion)?
Yes No
2. Are you interested in being a level up athlete (any level athlete- coach's discretion)?
Yes No
3. Are you interested in being on a Glacier team (any level athlete- coach's discretion)?
Yes No
4. Athlete T-shirt Size:
YSmall YMedium YLarge AXSmall ASmall AMedium ALarge AXLarge
5. Please check off any option below that you would be interested in joining or getting more information about:
 - ICE Athlete Fundraising
 - Private Tumbling Class
 - Future Flyers Class
 - ICE Summer Camps and Clinics
 - ICE Aged Parent Team
 - ICE Recreation Cheer Class



ICE-BABY



