

BEACH CHEER ATHLETICS



2023-2024 INFORMATION *package*

40 ANDERSON BLVD, UXBRIDGE, ON | (905) 852-2433

WELCOME TO THE BEACH!

This is the first step in joining our BEACHFamily for the 2023 -2024 competitive season! At BCA we pride ourselves on being a life changing program that helps support your child and build their self confidence. We know you are going to LOVE the BEACH and our program's philosophy.

We are excited to offer a full compliment of teams in Season 11, increasing our options to help meet the needs of all our athletes in our growing BEACH family. We are proud to boast that our 15,000 square foot state of the art facility is one of the very best in Ontario, let's even say Canada, and it's all for our athletes! With our 3 regulation cheerleading floors (which can be completely separated for private training), soaring ceilings, dedicated tumbling area with the very best equipment, and full gym air conditioning, we are confident our athletes will enjoy the very best experience. We aren't stopping there though, we are upgrading our parents viewing as well by installing a full in-camera viewing system boosting the safety and experience for all. We firmly believe that safety and fun go hand in hand!

BCA has earned reputation for excellence in our industry, both on the mat and off. Our gym owners have earned accolades for excellence in the cheer and the business world. They are committed to bettering our sport and by volunteering their time working for our provincial governing body to help grow cheerleading in Ontario and working with the Team Canada Academy. Our professional standards are bar none. We go over and above the professional recommendations for our staff and believe in integrity ABOVE ALL else in all aspects of our business. We are very proud to be considered one of Ontario's elite programs and we are excited to now be a part of the Uxbridge community!

All of our coaches are passionate about cheer & fostering the love of our sport in our athletes. We now boast a core staff of full-time professionals for whom coaching is their calling. We only hire the most passionate in the industry and look inward for continuous quality improvement of our program and our staff. We are diligent in background checks and ensuring our employees are the perfect fit. We would ALWAYS put the athlete first above all else. Our BEACHFamily is welcoming and supportive and we know you will love being part of the magic only being at the BEACH can bring. We bring the love to the athletes in our program, from the moment you step through the doors we will focus on empowering our athletes and bringing out their very best.

Fundamentally, cheer is a team sport & we believe that exposure to team building at an early age helps to foster a strong feeling of self-esteem, respect, & confidence. Your athlete will develop a sense of belonging in cheer, second to no other sport in developing trust & confidence in your teammates. We believe in supporting our athlete's journey and pushing them to be their very best, with the focus on success in every aspect - winning competitions, learning life lessons, and having the most fulfilling experience this sport can offer.

We have so much excitement on the horizon for Season 11! We are thrilled for you to join us on the adventure.

Our dream is your dream! We value each and every athlete's contribution to the team and we are building together as a BEACH family, fostering growth within our program for our athletes and our coaches. From our littlest athletes to our most elite, it's amazing what happens when goals + commitment come together to make DREAMS come true!

Welcome to the BCA family, we can't wait to show you why it's **BETTER at the BEACH!**

TEAM PLACEMENTS

MAY 23RD

5:30 - 6:15PM

U6 (born 2017-2019)

6:30 - 8:30PM

U8 (born 2015-2019)

MAY 24TH

5:30 - 7:30PM

U12 (born 2011-2016)

7:45 - 8:45PM

Flyer (2015 and above)

MAY 25TH

5:30 - 7:30PM

U16 (born 2007-2012)

7:45 - 9:45PM

U18 (2005-2010)

Open (2008 or earlier)

MAY 29TH

6:30 - 9PM

Worlds U18 and
Open Athletes
(2008 and earlier)

Register for Placements NOW at beachcheerathletics.com and be sure to complete the online waiver.

Attend one placement date according to age and experience - Use the table above for your correct age division based on BIRTH YEAR Placements will be announced by email by June 1, 2023.

We have teams for athletes of all ages and abilities. No experience necessary!

Please note the following:

1. Please only attend 1 placement session (we will contact you if we would like you to attend a call-back session)
2. Athletes who wish to be considered for a flyer role should register for their age division placement session AND a flyer assessment.
3. Once you have successfully registered for your placement session you will receive a confirmation email with next steps (athlete intake form and new waiver) and important information about your placement session (when to arrive, what to bring, what to wear, etc.).

LEVELS AT BCA

At BCA, we have a team for everyone, and we pride ourselves on placing athletes on teams that are the best fit for their skills. Being on the team where your skills are the best fit ensures the most positive experience possible. It is much more important that you are placed on the team that is best fit for you at this time than one that may be too challenging - this can be frustrating for the young athlete!

We strive to make a clear progression plan for every athlete and help them achieve their goals in this sport, and first we need to build a solid foundation of skill, strength, and experience in order to keep the long term health and well being of the athlete in mind. Our progressions are safe and our foundations are strong. Unlike some, we value safety and mastery over ego - always.

For your reference, the table below illustrates the skills we use as a starting point to develop our teams and place athletes appropriately.

NOVICE	No prerequisite skills required	LEVEL 4	<ul style="list-style-type: none"> • Standing back handspring series to tuck • Round off back handspring layout • Standing back tuck • Front walkover/Punch front step out through to back handspring layout • Running whip to tuck/layout series • X-out and Step Outs • Full Twisting Mounts to Extended • Double Twisting Baskets and Dismounts • Two Trick Basket tosses • Flyer Air Positions at Extended from a Release • Superior Motion and Dance Performance Skills
PREP LEVEL 1	<ul style="list-style-type: none"> • Round off • Forward roll • Cartwheel • Back straddle roll • Back Kickover/Walkover preferred 		
LEVEL 1	<ul style="list-style-type: none"> • Standing series Front & Back Walkovers • Round off • Cartwheel • Back extension roll • Connected walkover elements • Waist-high stunts • Two-footed prep • Straight cradles and pop downs • Quarter Twisting Dismounts and Mounts • Flyer Air Positions at waist height & assisted at prep 		
LEVEL 2	<ul style="list-style-type: none"> • Back handspring • Round off back handspring • Back walkover/Cartwheel back handspring • Specialty through to multiple back handsprings • Prep level one footed stunts • Straight basket tosses • Half Twisting Dismounts and Mounts • Extended two-footed stunts • Flyer Air Positions at prep height and assisted at extended 	LEVEL 5	<ul style="list-style-type: none"> • Standing back handspring series to layout • Running passes to full • Specialty passes through to full • Jump to tuck • Double Twisting Dismounts and Mounts to and from Extended • All Advanced Release and Twisting Skills • Three Trick Basket tosses • Flyer Air Positions in all Skills • Superior Motion and Dance Performance Skills
LEVEL 3	<ul style="list-style-type: none"> • Standing series back handspring • Round off back handspring back tuck • Punch front & Ariel • Jump connected to series back handspring • Specialty through to back handspring back tuck • Extended Single Leg Stunts • Full Twisting Dismounts and Mounts • Twisting basket tosses • Flyer Air Positions at extended height 	LEVEL 6	<ul style="list-style-type: none"> • Standing full • Standing back hand spring series to full/doubles • Running passes to full/doubles • Specialty passes through to full • Jump to tuck/full • Double Twisting Dismounts and Mounts to and from Extended • Free Flipping To Extended • All Advanced Release and Twisting Skills • Kick Double, Hitch Kick Double Baskets • Flyer Air Positions in all Skills • Superior Motion and Dance Performance Skills

All teams in Canada are formed based on the IASF Age Grid for International Divisions:

U6	Born 2017 - 2019
U8	Born 2015 - 2019
U12	Born 2011 - 2016
U16	Born 2007 - 2012
U18	Born 2005 - 2010
Open	Born 2008 or earlier

Remember, you should be stunting at the level you tumble to be considered a "best fit" for that level. Athletes who do not meet our Level 1 requirements may be placed on a Novice team.

TEAMS AND PRACTICE SCHEDULE

TEAM NAME	DIVISION	PRACTICE SCHEDULE
Twinkle	Novice U6	Monday
Sparkle	Novice U8	Monday
Shine	Novice U12	Monday
Glow	U6 P	Monday & Saturday
Rays	U8 P	Thursday & Saturday
Blaze	U8 - 1	Thursday & Sunday
Solar	U12 - P1	Thursday & Saturday
Soleil	U12 - 1	Thursday & Sunday
Solstice	U12 - 2	Tuesday & Saturday
St3llar	U12 - 3	Tuesday & Saturday
Halo	U16 - P1	Thursday & Saturday
Flare	U16 - 1	Wednesday & Saturday
Eclipse	U16 - 2	Monday & Wednesday
H3lios	U16 - 3	Wednesday & Saturday
Twilight	U18 - 4.2	Monday & Wednesday
Shade	U18 - 4	Wednesday & Sunday

THESE DAYS AND TIMES ARE TENTATIVE AND SUBJECT TO CHANGE.

YEARLY INVESTMENT

ALL STAR (ELITE & PREP)

We offer an all-inclusive price for all of our competitive teams. We truly believe that you are investing in your athlete, we want to provide the best possible experience & deliver the highest quality experience possible. By request, we have removed the uniform fee from the main fee. This will be invoiced in July 2023.

The fees below include:

- Membership fee
- Tuition fee – coaching, training, and facility costs
- Competition Fees
- Music fee
- Choreography
- BCA Practice Wear Kit- Hoodie, Practice T-Shirt, Practice Tank Top
- Insurance – full coverage for all athletes
- Team Parents contribution to enhance your athlete's experience
- Team & Individual Photo
- End of Season Awards Banquet Ticket for athlete

	FULL PAYMENT June 2023	TWO PAYMENTS June/November 2023	MONTHLY PAYMENTS July 2023 - January 2024
U6 Prep	\$1285	\$642.50	\$180.84
Level 1	\$3243	\$1621.50	\$391.86
Level 2 - 4	\$3320	\$1660	\$402.86
Worlds	\$3410	\$1705	\$415.72
Cross Athletes	\$500	\$250	N/A

*CROSSOVER FEES LISTED
INCLUDE TUITION AND
CHOREOGRAPHY ONLY
- COMPETITION FEES EXTRA
(APPROX - \$750)

*TAXES NOT INCLUDED

Additional Fees:

- Rebel Competition Uniform - \$550 (1st year of a 2 year cycle)
- Shoes and makeup
- International Competitions Fees, Clothing Packages, and Coaching Fees
- Travel, Spectator, Accommodation Fees

YEARLY INVESTMENT

NOVICE

We offer an all-inclusive price for all of our novice teams. We truly believe that you are investing in your athlete, we want to provide the best possible experience & deliver the highest quality experience possible.

The fees below include:

- Membership fee
- Tuition fee - coaching, training, and facility costs
- Competition Fees
- BCA Practice kit - Hoodie, Practice T-Shirt
- Music fee
- Choreography
- Insurance - full coverage for all athletes
- Team & Individual Photo
- End of Season Pizza Party

The first payment is \$200. If you have not taken advantage of the Early Bird Registration sale that will be paid in your first month. Monthly payments will be divided equally thereafter.

**REGISTER FOR
NOVICE BY JUNE
30TH FOR A \$50
SAVINGS!**

	FULL PAYMENT September 2023	TWO PAYMENTS September 2023 January 2024	6 MONTHLY PAYMENTS September 2023 - February 2024
U6 Novice	\$1285	\$642.50	\$180.84
Novice Full Year	\$1721	\$860.50	\$253.50
Novice Half Year	\$450	N/A	N/A

*TAXES NOT INCLUDED

Additional Fees:

- Competition Uniform for new athletes - \$220 (1st year of a 2 year cycle)
- Shoes and makeup
- Spectator and Accommodation Fees (where applicable)
- Optional BCA Practice Wear

COMPETITION SCHEDULE

***All Eligible U16 & U18 teams may compete for a Summit bid

	U6 Prep U6N U8N U12N	All Star & Prep U8, U12, U16, U18	Worlds / Open
The Pep Rally November 12, 2023	BCA	BCA	BCA
Cheer Expo November 18th, 2023 CAA Centre Brampton, ON		BCA	BCA
Cheer for the Cure December 2-3, 2023 Oshawa, ON	BCA	BCA	BCA
Feel the Power January 20-21st, 2024 GTA, ON		BCA	BCA
BEB + Showdown January 27-28, 2024 Ottawa		BCA	
Ontario Championship Feb 9-11, 2024 Kitchener		BCA	BCA
OCF Provincials February 24-25, 2024 Brampton, ON		BCA	BCA
Winterfest Feb 24, 2024 Oshawa, ON		*U16/U18 SUMMIT TEAMS	
OCF Challenge Cup March 23, 2024 Brampton	BCA		
Nationals April 12-14, 2024 Niagara Falls, ON		BCA	BCA
The Summit*** Orlando, Florida		*U16/U18 SUMMIT TEAMS	
The Youth Summit**** Tampa, Florida		*U12 SUMMIT TEAMS	
The Cheerleading Worlds Orlando, Florida			BCA

IMPORTANT DATES

Please keep the following dates in mind when planning your yearly schedules!

Important Dates

June 5th

August 7-11th

Sept 5th

Summer Training Begins!

Gym Closure

Fall Training hours begin

Gym Closures

May 22nd

July 1st

August 7-11th

September 4th

October 9th

December 23rd - January 2nd

February 19th

March 9th - 15th

Victoria Day

Canada Day

Gym Closure

Labour Day

Thanksgiving

Holiday Break

Family Day

March Break

ALL STAR TEAM COMMITMENT

GYM RULES, ATTENDANCE AND REFUND POLICY

All Star Team Commitments

ATHLETES

- All practices are mandatory, unless otherwise specified by your coach.
- Wear appropriate training gear at practices - all jewelry should be removed and stored safely.
- Conduct themselves appropriately on social media
- Sportsmanship and respect when representing BCA is paramount
- Zero-tolerance for bullying in any form
- Manage time such that your academic responsibilities and your commitment to your team do not conflict.

PARENTS

- Read and stay up to date on ALL club information and news posted on the Stack Team App, Facebook, or e-mail.
- Ensure your athlete is available for ALL competitions (including Pep Rally and Showcase)
- Notify BCA immediately when injury/illness occurs outside of the gym so changes to routine choreography can be made prior to practice
- Be on time for all competitions and practices
- Schedule all vacations so as not to interfere with any competitions or mandatory practices
- Notify BCA using the attendance email of all absences as early as possible
- Sportsmanship and respect when representing BCA is paramount

FINAL FOUR

- The last 4 practices before any competition (usually 2 weeks) are considered mandatory for athlete inclusion in the upcoming competition.
- Missing a Final Four practice without a valid and pre-excused reason for doing so, may result in your athlete's position being substituted. This is not done punitively, but with the best interest of the team in mind. Commitment to the team is important and necessary for the safety and success of all participants.
- If your athlete is not on the floor with the team (for any reason) they will not be entitled to any rewards, bids, or medals. This is as per all Event Producer guidelines on their allocation of awards.

ALL STAR TEAM COMMITMENT

GYM RULES, ATTENDANCE AND REFUND POLICY

BCA RETAINS THE RIGHT TO:

- Place its athletes on the team(s) it feels will best suit them and the program.
- Move, replace, add, suspend, or even dismiss an athlete for a period of time or indefinitely from a team or the entire program based on criteria including but not limited to:
 - A. Attendance
 - B. Conduct
 - C. Skills
 - D. Finances
 - E. Parent Conflicts
- Decide if an athlete may crossover on more than one team.
- Decide the roles and/or positions an athlete will have/play on their team(s) - (eg. Base, flyer, back spot, tumbler, etc.)
- Request that an athlete or team take additional classes or attend camps to improve specific skills.
- Request extra practices for an athlete or team outside their regular team schedule as required (leading up to a competition, to improve specific needs, etc.)

ATHLETES WHO ARE INVITED TO CROSSOVER ON MORE THAN ONE BCA TEAM MUST:

- Be in good financial standing.
- Be willing and able to fulfill all the responsibilities required by each team.
- Be responsible for additional tuition and entry fees that incur beyond their first team

Sportsmanship and Conduct

ALL ATHLETES AND PARENTS MUST ALWAYS:

- Set a positive example for others to follow.
- Be respectful and courteous to everyone.
- Schedule an appointment to speak with a coach or other staff member to discuss any issues that may arise.
- Refrain from gossiping, bullying or any form of verbal or physical confrontation.
- Accept team placements and awards with dignity and class.
- Represent BCA in an appropriate and respectful manner when using social media (Facebook, Twitter, Instagram, etc).

ALL STAR TEAM COMMITMENT

GYM RULES, ATTENDANCE AND REFUND POLICY

BEACH GYM RULES

- Only registered athletes are allowed in the practice area.
- All spectators must remain in the designated area.
- Athletes are not permitted to use their cell phones during practice and are required to either have them on silent or turned off unless otherwise stated.
- We are an athletic organization and as such, we do not allow smoking on our premises, including our parking lot.
- All trash must be disposed of in the appropriate trash receptacles.
- BCA is not responsible for any personal items that are lost or stolen. Please do not permit valuables to be brought to the gym.
- The BCA BAND Team App and Facebook communication tool must be checked regularly for any and all updates.
- All completed forms or information needed by BCA must be downloaded and turned in to the Office as requested. We do not have the ability to print at the gym.
- All choreography including cheers, dances, stunts, transitions, tumbling, music selections, or editing should be highly protected and shall not be shown or discussed with others. No videos of routines/choreography should be uploaded to any online site or Social Media (SnapChat, Instagram, Facebook, Tik Tok, etc) until the routine has been completed.

The provision of a parent viewing area is a privilege. Please ensure that you:

- Refrain from discussing athletes other than your own. Ensure that your discussions are appropriate if there are children present.
- Remove any garbage when you leave and make an effort to keep the area tidy for all of our BEACHFamily.
- Provide supervision for your younger children while classes are in progress.

ALL STAR TEAM COMMITMENT

GYM RULES, ATTENDANCE AND REFUND POLICY

REFUND POLICY

If, for any reason, your athlete chooses to exit we will be sad to see them go, but want to make sure you understand our protocol.

When exiting the program, we ask that you please let your coach know and follow up with an email to the BCA office: info@beachcheerathletics.com. We will calculate any refund, if applicable, and send it within 30 days of the receipt of notice. If you do not receive it within this time frame, please give us a call at 647-725-6414.

If the athlete leaves within one month(30 days) of confirming their registration, you will be refunded:

(a) Any competition fees that have not been paid for event registration

(b) All tuition fees beyond their first month of participation

Any team member who leaves beyond their first 30 days, will not be refunded tuition fees but will be refunded any competition fees that have not been paid for event registration. There will be no tuition refunds beyond Oct. 1st, 2023 regardless of registration date.

Program Fees are non-refundable as they are required to be paid out to third parties by BCA on behalf of the athletes and are considered external costs.

Competition Fees:

These fees are paid to the competitions well in advance of any given event. If the fees have been paid to the competition, they are non-refundable.

Clothing:

In cases where the clothing hasn't been worn and isn't custom made or personalized, we will gladly provide a refund or exchange.

Uniforms:

Uniform Fees are non-refundable

F.A.Q'S

What is the best way to contact BCA?

Please email us at info@beachcheerathletics.com to book a Zoom call and a gym tour! We will endeavor to answer all your questions as quickly as possible.

When my athlete is placed on a competitive team, does that mean they should attend all practices?

YES! Cheerleading is a team sport. It is imperative that your family commit to having your athlete in the gym whenever possible. We do understand that there may be times when this is not possible, please see our commitment & attendance policy for more information. We do expect a time commitment from your athlete upon registration. To the very best of our ability, we lay out an entire season at the time of registration and expect that you will fulfill your team commitment fully - both practices and competitions. This protects the teams time and ensures the best experience is had by all!

My athlete is new to cheer, will they be placed on a cheerleading team?

YES! At BCA we have a competitive team for every age & skill level. We will do our best to place your athlete where they will have the most fun, be pushed to improve, & let their skills shine! No experience is necessary. We have worked hard to make sure our athletes have a path of opportunity in order to support their cheerleading career from the very start!

What if our athlete wants to cheer but weekend practices don't work for our family?

This season we will again have competitive teams in our schedule that practice on weekdays only. With our new space comes new opportunity to try to make all options work - we just won't know until AFTER tryouts! Of course we always have our Novice stream. Although there will be 3-4 competitions during the season that occur on weekend, there will be no other weekend commitment! Feel free to cottage and ski away!

My athlete is on a Level 1 (or 2, 3, 4) this year, will they automatically "move up" a level this season?

The short answer is no, not necessarily. Cheerleading is not a sport where you cannot expect to move up through the levels each season.

Here's why:

Firstly, there are a total of 7 levels in cheerleading, with many skills associated in being considered a skilled athlete in each one. It is improbable that every athlete would achieve the skills required, as well as have enough athletes doing the same to constitute a team. Skill mastery takes time, rushing athletes through the levels at a quick pace is not always the best path for your athlete. BCA takes the long term approach for the well-being of the youth athlete.

F.A.Q'S

Secondly, there are many factors that affect the placement of your athlete on the team, excelling in one area may not solely secure their role on a team levelled higher than their current one. As discussed, we take an overview of all the athletes that make up a team & attempt to come up with the best mix. Sometimes, it may be difficult for parents to see their child's contribution to the team clearly. As coaches, we try to look at what is best for the entire athlete taking into account their skill level and their coachability for the level they are placed on. Our main focus is always fun, team building, & developing self-esteem, we consider this first over every other factor.

Third, an athlete should be placed first where they will have the most FUN! This season it may mean that they stay the same level and truly enjoy the mastery of it.

Success at BCA is built first on feeling success in the team & oneself, not necessarily being on the highest level team. We strive to build athletes who become champions both on and off the mat, building life skills as well as athletics prowess.

I want my athlete to be with their BFF, is that possible?

Possibly. Enjoying the cheerleading experience is the most important goal of being part of the BEACHfamily. If we believe that the athletes fit within the same age group & level, we will do our best to accommodate friend requests. However, if the athletes are mismatched in skill level, we may instead offer one athlete to "play down" a level. We cannot accommodate a request that moves an athlete "up" a level that they are not ready for. This is a safety issue & is not in the best interest in the team or the individual athlete.

I have two athletes interested in cheering with BCA. Can they be placed in the same team? This would make my life easier!

We hear you! Getting kids to their extracurricular activities is a job in itself! We will do our best to accommodate family requests if it is at an appropriate age/level for both/all athletes, however, ultimately, BCA will have the final decision on placements. It is in the best interest of the athletes that they are kept in the appropriate age/level in order to maximize enjoyment & benefit from the program. Sometimes what may seem easier from a parents perspective is actually not best - too much time with your sibling can definitely be too much!

We do have very active & engaged Team Parents who coordinate carpools. We will help this process out wherever possible & get your athlete to the gym