



TOXIC ELITE CHEERLEADING HANDBOOK

2026-2027

What is All-Star Cheerleading?

All-Star cheerleading is a competitive team sport that combines stunting, tumbling, jumps, and dance into a choreographed routine. All-Star cheerleading is made up of 7 levels with categories broken up by age bracket as well as whether a team is pre-competitive (novice or prep) and competitive (all-star).

Toxic Elite is a volunteer run cheerleading club committed to being an inclusive program offering both pre-competitive (novice or prep) and competitive (all-star) teams at various skill levels. This allows for varying levels of commitment, season length, and number of performances in a season. We are also proud to offer a Cheer Abilities team that allows for athletes of all ages and ability levels to experience and excel at this amazing sport.

Team Descriptions

Atomic

Division: U6 prep
Age: born 2020-2023
Practice: Wednesdays 5-6pm
Coach(es): Lisa, Josh, Ciera
Monthly fee: \$75/month Aug-Apr
Uniform: Shortsleeve all star uniform (\$110)
Competitions: Imagine (Calgary), Showdown (Calgary)

Caution

Division: U6 Novice
Age: born 2020-2023
Practice: Sunday 4-5pm
Coach(es): Lisa, Josh, Ciera
Monthly fee: \$75/month Aug-Apr
Uniform: Bodysuit and green shorts (\$110)
Competitions: Imagine (Calgary), Showdown (Calgary)

Explosion

Division: U12 Prep
Age: born 2014-2019
Practice: Tuesdays 6-7:30pm
Thursdays 6:15-7:30pm
Coach(es): Dakota, Sam, Naomi, Abbey
Monthly fee: \$ 100/month Aug-Apr
Uniform: All star uniform (approx. \$180)

Poison

Division: U12 Prep
Age: born 2014-2019
Practice: Mondays 6:30-8:30pm
Thursdays 5-6:15pm
Coach(es): Shelby, Courtney, Callie
Monthly fee: \$100/month Aug-Apr
Uniform: All-star uniform (approx. \$180)

Corrosion

Division: U16 Prep L2
Age: born 2010-2015
Practice: Sundays 6-7:30pm
Thursdays 7:30-9pm
Coach(es): Dakota, Hailey
Monthly fee: \$100/month Aug-Apr
Uniform: All-star uniform (approx. \$180)

Bombsquad

Division: All-Star Open 4.2
Age: born 2010 or earlier
Practice: Sundays 7:30-9pm
Tuesdays 7:30-9pm
Coach(es): Debbie, Dakota
Monthly fee: \$100/month Aug-Apr
Uniform: all-star uniform (approx. \$180)

Venom

Division: Cheer Abilities
Practice: Mondays 5:30-6:30pm
Coach(es): Katie, Debbie, Naomi, Ava, Callie
Monthly fee: \$75/month Aug-Apr
Uniform: Short sleeve all star uniform (approx. \$110)

Hazard

Division: U8 Prep
Age: 2018-2022
Practice: Sundays 5-6pm
Tuesdays 5-6pm
Coach(es): Sam, Naomi, Ava, Nikki
Monthly fee: \$85/month Aug-Apr
Uniform: Short sleeve all-star uniform (approx \$110)

Shockwave

Division: U12 Novice
Age: born 2014-2019
Practice: Wednesdays 6-8pm
Coach(es): Becci, Averi
Monthly fee: \$85 per month
Uniform: Short sleeve all star uniform (approx. \$110)

Season Fees

One time \$50 registration fee due at time of sign up to cover athlete insurance.

Team	Total Yearly Club Fees	Competition Fees <small>*non-refundable</small>	Cheer Canada Registration	Uniform Costs
Caution (U6)	\$675/yr	\$100	\$48	\$110
Atomic (U6)	\$675/yr	\$100	\$48	\$110
Hazard (U8)	\$755/yr	\$150	\$48	\$110
Shockwave (U12)	\$755/yr	\$150	\$48	\$110
Explosion (U12)	\$900/yr	\$150	\$48	\$180
Poison (U12)	\$900/yr	\$200	\$48	\$180
Corrosion (U16)	\$900/yr	\$200	\$48	\$180
Bombsquad (Open 4.2)	\$900/yr	\$200	\$48	\$180
Venom (Abilities)	\$675/yr	\$150	\$48	\$110
Crossover Athletes	\$1350/yr	\$400	\$48	Dependent on teams

*Uniform costs are estimates based on previous exchange and shipping rates. Price includes cost for bow.

***Total Yearly club fees include facility costs and music costs (Cheer Canada registration, insurance, competition fees, and uniform costs are additional).**

***Costs associated with competition (travel, accommodations, etc.) are additional but can be subsidized by carpooling, room sharing, and fundraising.**

**** Club fees can be paid in full or in nine monthly installments starting in August 2026.**

**** If an athlete quits part way through the season. Any outstanding club fees are required to be paid out.**

Payment Schedule

1. Monthly fees are due by midnight on the 1st of each calendar month.
2. A one time non-refundable \$50 registration fee is due at the time of sign up.
3. Uniform fee and ACA registration (\$48) is due on the first payment of the season (August 1st 2026), along with August's monthly fee.
4. Competition fees may be made in two payments; September 1st and October 1st, 2026. Arrangements can be made with the club to start paying in advance during the summer months.

Competition Dates

Imagine Cheer Championships - Calgary: January 30-31st, 2027 (All teams)

True North Cheer Championships- Edmonton: February 26-28th, 2027

Stampede City Showdown- Calgary: March 20th, 2027 (All teams)

Magical Competition of The World - Puerto Vallarta, Mexico: May 19-23rd, 2027
(Select teams based on commitment level and team size)

***All prep and novice athletes perform once at two day competitions.**



August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday Caution's month to clean	Saturday 1 First payment due.
2	3 Civic Holiday	4	5	6	7	8
9 Start of Season 6!	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Atomic's month to Clean	1 Fees+ 50% comp fees due	2	3	4	5
6	7 Labour Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30 Truth and Reconciliation			



October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Hazard's month to clean	1 Fees+ 50% comp fees due	2	3
4	5	6	7	8	9	10
11 Gym closed	12 Thanksgiving Gym closed	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween



November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Fees due Explosion's month to clean	2	3	4	5	6	7
8	9	10	11 Remembrance Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



December 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Fees due Venom's month to clean	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22 Gym Closed for holidays	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day
27	28	29	30	31 New Years Eve		



January 2027

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Shockwave's month to clean	1 Fees due New years Day	2
3 Practices resume	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23 Outbreak Showcase!
24	25	26	27	28	29	30 Imagine Comp
31 Imagine Comp						



February 2027

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Fees due Poison's month to clean	2	3	4	5	6
7	8	9	10	11	12	13
14 Valentines day Gym closed	15 Family Day Gym closed	16	17	18	19	20
21	22	23	24	25	26 True North	27 True North
28 True North						



March 2027

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Fees due Corrosion's month to clean	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17 St.Patricks day	18	19	20 Showdown Comp!
21	22	23	24	25	26 Good Friday	27
28 Easter Sunday Gym Closed	29 Easter Monday Gym Closed	30	31			



April 2027

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Fees due Bombsquad's month to clean	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



May 2027

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday Coaches month to clean	Saturday 1 Mexico/ Year end Showcase
2	3	4	5	6	7	8
9 Mother's Day	10	11	12	13	14	15
16	17 Victoria Day	18	19 Magical Championship of the World	20	21	22
23 ----->	24	25	26	27	28	29
30	31					

Athlete Code of Conduct

- 1) Athletes shall show respect to all coaches, coaches-in-training, officials and other team members.
 - a. No gossiping;
 - b. No inappropriate behaviour;
 - c. No “attitude”; and,
 - d. No fighting or feuds.
- 2) A cheerleader should promote good sportsmanship through enthusiasm, positivity, and support of all other athletes, teams, and/or clubs.
- 3) When in uniform, athletes are to conduct themselves in accordance with the ethics and values outlined in the athlete handbook.
- 4) Cell phones will be put away during practice. Unpermitted use of cell phones during practice will result in confiscation.
- 5) Athletes must not be under the influence of alcohol or illegal drugs of any kind during formal club functions. This includes all practices, performances, public appearances, and fundraising events.
 - a. Nonadherence to this rule will result in an immediate dismissal from the team. See Discipline for further information.
- 6) Athletes are expected to maintain a personal standard of health and wellness.
 - a. All athletes are expected to work to increase their physical fitness, endurance, and flexibility over the season.
 - b. All athletes are expected to manage their commitments in order to reduce stress.

Safety Rules

- 1) Please ensure all contact and medical information is current and correct.
- 2) Any cheerleader acting in an unsafe manner that puts either themselves or others in danger will be asked to leave practice and will be on automatic probation.
- 3) No stunting unless coaches are in the gym supervising.

- 4) All athletes/families are expected to make choices that prioritize their safety and the success of the team. Participation in high-risk activities (e.g. trampoline parks, waterparks, etc.) within 24 hrs of the start of the competition is not permitted, as it increases the risk of injury and fatigue. Any athlete unable to safely perform due to preventable activities may be withheld from competing.

Uniforms and Appearance

- 1) Athletes/parents are in charge of cleaning and caring for all equipment and clothing.
- 2) Practice wear should consist of well fit, non-restrictive clothing and clean shoes. Hair must be up in a ponytail. *Jeans are not allowed*
- 3) Female athletes may choose to wear sports bras/half tops for practice.
- 4) Male athletes may choose to remove their shirts during practice.
- 5) Uniform pieces will be worn only for competitions and predetermined practices and/or fundraising events.
- 6) Large, sharp, and/or dangling jewelry must be removed during practice
- 7) Water bottles are to be brought to all practices.

Practice Sessions

- 1) **Attendance of all practices is strongly recommended.**
 - a. If you are ill and attend school you are still expected to attend practice to watch.
 - b. If an athlete does not attend school due to illness, they are not encouraged to attend practice that same day.
- 2) Coaches must be informed of planned absences at least one week in advance by **parents/guardians**. Illness or family emergency will be within 24 hours. Failure to notify the coach will result in a noted unexcused absence.
 - a. Coaches must be informed by the **parent/guardian**. A message passed along by other teammates is not considered valid.
 - b. Missed practices due to planned vacations are strongly discouraged during the competitive season (Jan-Mar 2027).

- 3) Athletes must provide a note from a medical doctor or a physio therapist if they have a long-term injury.
- 4) It is recommended that athletes make use of local gyms to practice their tumbling, jumps, and dance.
- 5) Athletes are to be appropriately dressed with shoes on and hair back by the start of set practice time.
- 6) Practice will begin with a team warm-up, followed by team stretching.
 - a. Warm-up intensity will increase over the season.
- 7) Parents/guardians/friends/family are invited to view practices but are not allowed on the practice floor.
- 8) A closed practice session is at the discretion of the head coach.

Cleaning

Each month during the season, a team will be assigned “gym duties” for that month. Parents/ athletes will be responsible for weekly general cleaning tasks/ organization of the gym. These tasks include but are not limited to; changing and taking out garbage, cleaning bathrooms, organizing and vacuuming the front foyer, cleaning and organizing upstairs lounge. Please see calendar for your team's assigned month.

Social Media/Internet/Cell Phone

- 1) Important information will be sent out by e-mail, text, or group chat to parents and athletes by the coaches.
- 2) Toxic Elite Cheerleading has Instagram and Facebook pages, please follow/join to receive updates.
- 3) Athletes must keep their profile pages and online presence clean; the coaches will be checking profiles periodically.
- 4) Athletes found to be using social media, the internet, or their cell phones for harassing other athletes within the club or other cheerleading clubs will be put on immediate probation.

Depending on the severity of the harassment, it may result in removal from the team and action by the school.

Discipline

- 1) If a probationary level issue arises two times the result will be dismissal from the team, depending on the severity.
- 2) Dismissal from the team is non-reversible for that competition season.
- 3) If you are dismissed from, or quit the team, your fees will not be refunded to you.
- 4) The following will result in probation:
 - a. Undesirable or immoral behaviour;
 - b. Attitude problems and the inability to get along;
 - c. Use of alcohol during a formal club function/event (ie. practice, competition, fundraising events);
 - d. Unsafe behaviour in practice resulting in severe injury to other athletes;
 - e. Unprofessional profile pages/online presence;
 - f. Multiple unexcused absences;
 - g. A parents behaviour, if found to be detrimental to the team or volunteer coaches, may result in probation for their child; and/or,
 - h. Failure to uphold constitution;
 - i. Violation of rules and regulations;
- 5) The following will result in automatic dismissal:
 - a. Use of illegal drugs during a formal club function/event;
 - b. Harassment or abuse of others online;
 - c. Unexcused absence of a competition/performance;
 - d. Anything that harms the reputation of the program; and/or,
 - e. Violation of rules and regulations.

Parent/Coach Relationship

We understand both parenting and coaching are extremely difficult jobs. Coaches at Toxic Elite are certified professionals who volunteer their time. They make judgement decisions based on what they believe to be the best for all athletes involved. By establishing an understanding of each other, we are better able to respect the actions of the other and provide greater benefit to all our athletes.

Appropriate concerns to discuss with the coaches:

- 1) The treatment of your child mentally and physically
- 2) Ways to help your child improve
- 3) Concerns about your child's behaviour

Issues not appropriate to discuss with coaches:

- 1) Choreographed position of athlete
- 2) Choice of division
- 3) Other athletes

It is important to remember that a person can learn many valuable lessons by being a member of a team, regardless of their position/placement in a routine. Among them are the following: sportsmanship, appreciation of good play by an opponent, working together to meet team goals, responsibility and commitment to team, loyalty, placing the team above self, learning to accept instruction and criticism, respect for others, winning and losing with dignity, self-control, and being responsible for one's own actions.

Informed Consent and Acknowledgement Agreement

Toxic Elite Cheerleading

August 1, 2026 to May 31, 2027

WARNING!

Cheerleading is a vigorous, physical activity involving motion, rotation and height in a unique environment and as such carries with it a higher than ordinary risk of injury. Be advised that serious, catastrophic injury, paralysis or even death could occur particularly if a participant were to land on his/her head, neck or back.

I/We, _____, parents and/or legal guardians of _____, who is an athlete with *Toxic Elite Cheerleading* wishes to participate in their cheerleading program, voluntarily give our consent for such participation by our son/daughter.

It has been adequately explained to us that cheerleading is an activity which may involve airborne inversion of the body and therefore there is an increased potential that any one of the routines involving our son/daughter's participation could lead to serious injury, paralysis or even death.

We understand that our son/daughter is required to be in good physical shape and condition and that the activities in which he/she will be asked to participate are strenuous and require physical and athletic agility. It has been fully explained to us that these activities include, but are not necessarily limited to a variety of gymnastics maneuvers; that there will be a variety of mounts, tosses, and stunts requiring the coordination of more than one participant on the team; and that these activities will not be confined to any one site or venue, but rather will involve a variety of sites or venues throughout the year.

We represent to you that, to the best of our knowledge and belief, any known physical, medical, or mental disability or other limitation that would restrict his/her ability to fully participate in this activity have been disclosed to *Toxic Elite Cheerleading* in order to assure all skills our son/daughter is involved in are appropriate. We further agree to notify immediately the appropriate personnel in the event of any change in our son/daughter's health status.

We also understand that our son/daughter will be required to travel to locations out of the city of Medicine Hat for the purpose of participating in cheerleading activities/competitions. We agree to, and by signing this agreement, release the coaches, advisors, volunteers and staff of *Toxic Elite Cheerleading* from any claim of negligence by ourselves, our son/daughter, our heirs, executors and assigns, from any liability arising from claims for damages for injury to our son/daughter and any claims for loss of or damage to his/her property which may arise out of his/her participation in this cheerleading program for the 2026/27 competitive year.

In witness whereof, I/we have affixed our signatures to this agreement this _____ day of _____, 2026 at _____.

(parent's and/or legal guardian's signature)

(date)

(parent's and/or legal guardian's signature)

(date)

Toxic Elite Cheerleading Personal Information Page

Personal Information

Name: _____

Main Phone: _____ Secondary Phone: _____

Address: _____ City: _____

E-Mail Address: _____

Date of Birth: _____

Parent/Legal Guardian: _____

Parent Phone: _____ Secondary Phone: _____

Parent E-mail Address: _____

Medical Information

1) Allergies: _____

2) Current Medications: _____

3) Previous injuries that may impact performance: _____

_____.

Other Information

1) Are you currently a member of any club/organization/team that may interfere with cheerleading?

2) List any cheer/dance/gymnastics experience you have: _____

