



2024/2025 CHEER UNITED REGISTRATION PACKAGE

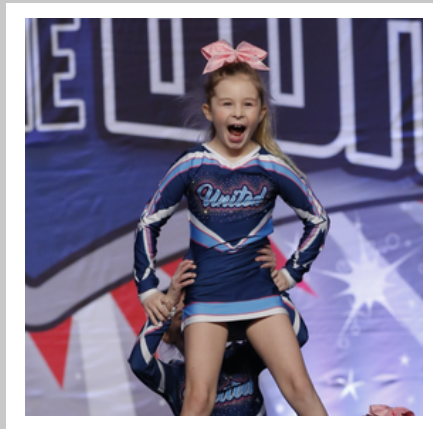
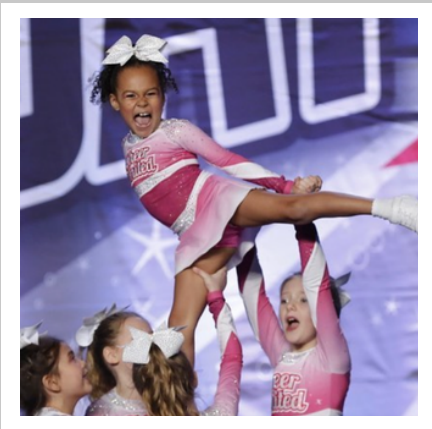
📍 *The Galaxy*

**150 DOWNS DRIVE
WELLAND, ON**

✉️ cheerunitedgym@gmail.com

📷 [@cheerunitedgym](https://www.instagram.com/cheerunitedgym)

🌐 www.cheerunited.ca



IT'S NOT JUST OUR NAME, IT'S WHO WE ARE.

UNITED

AS A FAMILY

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WHO WE ARE



Cheer United is a cheerleading program offered in Welland, Ontario, entering its sixth season. Founders Brittany Blasioli and Nikki Faragalli are Welland residents who are passionate about bringing a strong cheer program to the area.

Cheer United offers a safe environment for athletes to learn, bond, and grow. Cheerleading is an interactive sport that involves dance, gymnastics, and acrobatics. At Cheer United, we engage our athletes to improve social skills, confidence, accountability and teamwork strategies. The skills acquired at Cheer United are transferrable into school and social settings.



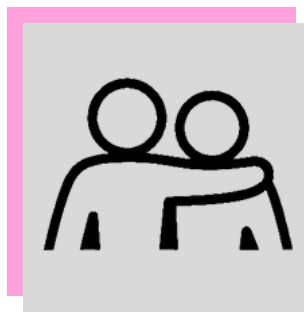
TEAMWORK

Teamwork is a key component of cheerleading, with a strong element of trust. Teamwork makes the dream work!



CONFIDENCE

One of the many values of our gym is to transmit confidence to our athletes. We believe in the power of empowerment.



FRIENDSHIPS

The friendships you make through cheerleading are friendships that last a lifetime. Our gym's founders are proof of that!



FUN!

We love seeing our athletes working hard, but more importantly, we love seeing them have fun and feel passionate about the sport!



WHAT IS CHEERLEADING?

Cheerleading has come a long way as a sport from its days of pompoms and yelling from the sidelines. Cheerleading is a team-based sport that is made up of stunting (lifting a teammate in the air), pyramids, basket tosses (throws), tumbling, jumps and dance. Competitive cheerleading involves performing a high-energy, 2-2.5 minute routine at competitions in front of a panel of judges. The sport combines elements of flexibility, strength, endurance, acrobatics, balance, and fitness, in a positive and fun team environment.



OUR CHEER PROGRAMS

RECREATIONAL CHEERLEADING

Recreational Cheer (Rec Cheer) is a non-competitive, low commitment program that focuses on learning the basics of cheerleading while having fun. Rec Cheer is available to athletes ages 3-12 and will run in shorter terms: June to August, September to December and January to May. Since there are no competitions, competition fees or uniform fees with rec teams, this program offers an affordable option to those athletes who want to participate in this amazing sport. Our winter term rec classes also participate in our year end showcase, Stargazing.



OUR CHEER PROGRAMS CONTINUED



CLASSIC: PARTIAL SEASON COMPETITIVE

This medium commitment program is designed with the purpose of introducing athletes into the sport of competitive cheerleading with a focus on coach-lead choreography, team bonding, improving skills, and having fun. Teams will be placed on a team either in the Novice or Prep division. There are some additional fees with this program related to attending competitions, such as a competition fee and uniform fee. Our classic programs run from September to May. Teams will practice once per week and attend 3 classic competitions.

INTERMEDIATE & ELITE: FULL SEASON COMPETITIVE

Full season competitive cheer is perfect for athletes who wish to train more frequently, have a higher level of commitment and an enhanced competition experience. Practices will be once per week in the summer and twice per week the remainder of the season. This program runs June-May. Teams will attend 5 competitions, premier and/or classic. Athletes will be placed on a team in either the Novice, Prep or Allstar division. Athletes considering Elite cheer should have a minimum of a back walkover. The full season competitive program offers increased opportunity for skill development, team bonding, professional choreography and lots of fun. As a higher commitment program, the fees are reflective of what this program has to offer.



TUMBLING PROGRAM



ZERO GRAVITY TUMBLING

Our tumbling classes focus on flexibility, strength training, and developing new skills at a safe but swift pace. We offer Introduction to Tumbling for ages 3-5, and Zero Gravity Tumbling for ages 6 and up.

At Cheer United, we use our own coloured-tiered system to certify athletes ages 6 and up on their accomplishments and celebrate their progression to the next level!

Prerequisites for each colour level must be met before advancing to the next level. Colour coding helps us to ensure classes are both age and skill level appropriate for all athletes, which allows for more fine-tuned coaching. Our winter term tumbling classes also participate in our year end showcase, Stargazing.



HOW DO I KNOW WHAT COLOUR TO REGISTER FOR?

For CU members who are not currently in tumbling but wish to register, parents should speak with a coach before registering to ensure they are enrolled in the appropriate level. Parents of new athletes should contact us via email to discuss the athlete's skillset and schedule a mini assessment if necessary.

Coaches will track athletes progress and when they have mastered their current colour tier, they will receive a certificate of completion. At that time, we can explore levelling up and switching classes if possible based on class availability. In the case that a class switch cannot be made mid-term, coaches will ensure the athlete is given next level drills and opportunity to work on their higher level skills in their current class.





TUMBLING PROGRAM CONTINUED

INTRO TUMBLING & THE ZGT COLOUR SYSTEM



Introduction to Tumbling (Ages 3-5):

This class is perfect for those who wish to learn tumbling basics, body shapes, and try new skills. Our unique equipment is both fun and educational for this age group. Learning the basics lays the foundation for our tiny tumblers to gain the skills and experiences to safely test out their abilities and make progress, all while having fun.

Zero Gravity Tumbling (Ages 6+):

LEVEL WHITE

Prerequisites: none. Beginner athletes looking for an introduction to tumbling basics. Classes will focus on front rolls, backward rolls, cartwheels, bridges and handstand drills, and introduce falling into a bridge and bridge kick overs.

LEVEL BLUE

Prerequisites: must do a forward roll, cartwheel, push up into a bridge with proper technique, and kick over off of a block with minimal assistance. Classes will focus on falling into a bridge, bridge kick overs, round offs, front and back walkovers.

LEVEL SILVER (AGES 10+)

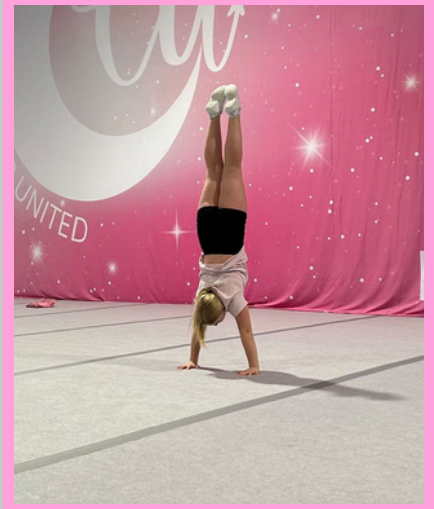
This class is intended for the older athlete who is working between level White and Blue. Classes will focus on skills such as rolls, cartwheels, round offs, falling into a bridge, bridge kick overs, and front and back walkovers.

LEVEL PINK

Prerequisites: must do a back walkover unassisted with proper technique and demonstrate average technique in round offs and series back walkover. Classes will focus on power round offs, back handsprings, connected skills, drills for back tucks.

LEVEL GOLD

Prerequisites: must demonstrate series back handspring with proper technique, standing and running. Classes will focus on back and front tucks, aerials, layout drills, Arabian drills, and other advanced skills for elite tumblers.





PROGRAM DETAILS & FEES:

REC CHEER & TUMBLING

SUMMER PROGRAM

June 3rd-Sept 1st (no classes on statutory holidays)

13 weeks - Class duration is 55min

Registration will open May 6th at www.cheerunited.ca/registration

FEE BREAKDOWN & PAYMENT PLAN OPTIONS

SEASON	CLASS	FEE	PAYMENT OPTION
SUMMER	Rec Cheer OR Tumbling	\$221 + tax Total: \$249.73	Payment plans will be available through our registration platform
SUMMER	Rec Cheer AND Tumbling	\$442 + tax Total: \$499.46	Payment plans will be available through our registration platform



PROGRAM DETAILS & FEES:

REC CHEER & INTRO/ZERO GRAVITY TUMBLING

FALL PROGRAM

Sept 3rd-Dec 22nd

16 weeks - Class duration is 55min

No classes on statutory holidays or Halloween

Registration will open in August at

www.cheerunited.ca/registration

WINTER PROGRAM

Jan 5th-May 10th

17 weeks - Class duration is 55min

No classes on statutory holidays, competition weekends, or Worlds week

Registration will open in December at

www.cheerunited.ca/registration

FEE BREAKDOWN & PAYMENT PLAN OPTIONS

SEASON	CLASS	FEE	PAYMENT OPTION
FALL	Rec Cheer OR Tumbling	\$272 + tax Total: \$307.36	Payment plans will be available through our registration platform
	Rec Cheer AND Tumbling	\$544 + tax Total: \$614.72	
WINTER	Rec Cheer OR Tumbling	\$289 + tax Total: \$326.57	Payment plans will be available through our registration platform
	Rec Cheer AND Tumbling	\$578 + tax Total: \$653.14	

*Note: Depending on the day of the week, some classes (for example, weekend classes) may have a lower cost to account for gym closure days (such as, competition weekends).

PROGRAM DETAILS & FEES:



COMPETITIVE CHEER PROGRAMS

	<i>Classic</i> INCLUDES PARTIAL SEASON PREP & NOVICE	<i>Intermediate</i> INCLUDES FULL SEASON ALLSTAR, PREP, NOVICE & NON-WORLDS OPEN	<i>Elite</i> INCLUDES FULL SEASON ALLSTAR, PREP & WORLDS (NO U6 OPTION)
Season length	September-May	June-May	June-May
Practice days	1 /week	1/week in summer 2/week in fall-spring	1/week in summer 2/week in fall-spring
Practice length	1.5 hours/week	2 hours/week in summer 3 hours/week fall-spring	2/week in summer 4 hours/week in fall-spring
Competitions	3	5	5
Uniform	Classic program uniform NEW FOR SEASON 6	U6 & U8: Classic program uniform U12 + : Full season uniform (2nd year of a 3 year cycle)	Full season uniform (2nd year of 3 year cycle) Supernovas (Worlds): Novas uniform
Fees *Prices are subject to HST Payment plans will be available through our registration platform	Tuition: \$742.50 Competition fee: \$221.10 Choreo/Music fee: \$125 Uniform & Bow fee: Approx \$195	Tuition: \$1156.25 Competition fee: \$342.10-\$418.00 Choreo/Music fee: \$225-\$325 U6 Prep & Novice: \$125 Uniform & Bow fee: Approx \$195 for classic uniform \$447.50 for full season uniform	Tuition: \$1461.50 Competition fee: \$462.00 Supernovas: \$489.50 Choreo/Music fee: \$325 Uniform & Bow fee: \$447.50 Supernovas: \$507.60 Special Skills Clinic fee: \$40

*Other required items not included: white shoes, Cheer Canada Membership

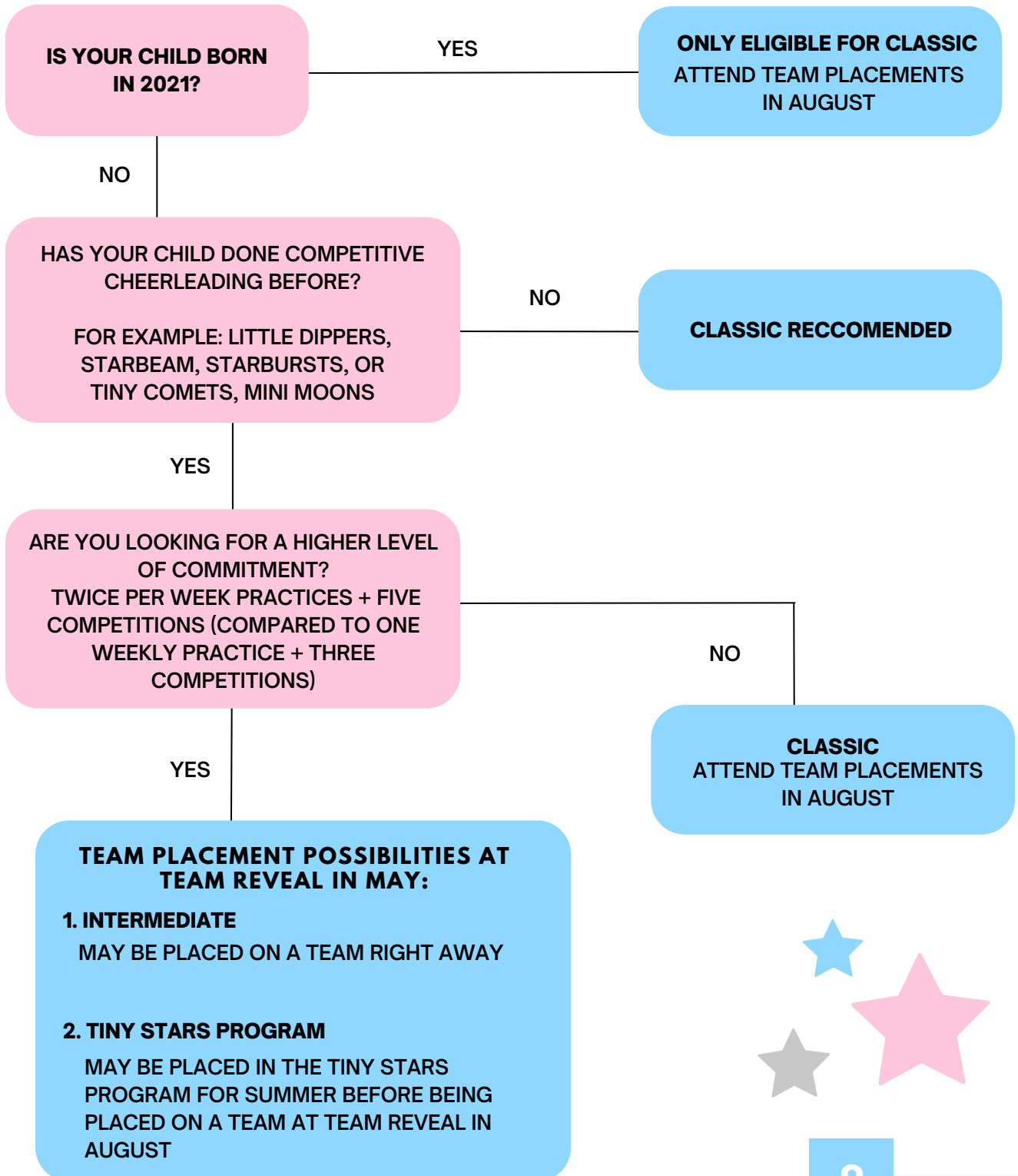
Optional item: competition makeup kit

Note: does not include Worlds fees or travel expenses



COMPETITIVE OPTIONS FOR U6 ATHLETES (BORN 2018-2021)

CHOOSE A LEVEL APPROPRIATE OPTION FOR YOUR LITTLE STAR





COMPETITIVE OPTIONS FOR U6 ATHLETES (BORN 2018-2021)

CONTINUED

THE TINY STARS PROGRAM EXPLAINED

Most U6 athletes attending team placements in May will be placed in the Tiny Stars program for the summer. These athletes will attend team placements and Team Reveal day in May for their exciting reveal! Over the summer they will practice once per week for one hour with other U6 aged athletes in a class size of approximately 12 athletes. Your tiny star will then attend the Team Reveal day in August and at that time will find out what team they've made for the remainder of the season!

WHY DO IT THIS WAY?

As with everything, we learn as we go. We have found that one of the biggest challenges of team placements for this age group is that it is nearly impossible to adequately assess the athletes in such a short time frame at team placements due to fluctuating developmental stages amongst this age group. The Tiny Stars program will allow us the time to get to know the U6 athletes before placing them on a team.

The Tiny Stars athletes will attend team placements in August for their official team reveal! Your athlete will be placed on either a U6 prep or novice team. Practice durations will fluctuate slightly and pricing will reflect accordingly.

REGISTERING FOR TINY STARS

Athletes placed in the Tiny Stars program will register online for this program, then complete a secondary registration after their term reveal in August. **The cost of the Tiny Stars program is \$120.25 plus HST.**

When they officially start with their team in September, pricing varies based on if your child is placed on a Beginner team versus an Intermediate team. See next page.





COMPETITIVE OPTIONS FOR U6 ATHLETES (BORN 2018-2021)

CONTINUED

	<i>U6 Beginner</i>	<i>U6 Intermediate</i>
Season length after Tiny Stars	September-May	September-May
Practice days	1/week	2 /week
Practice length	1 hour/week	2 hours/week
Competitions	3	5
Uniform	Classic program uniform	Classic program uniform
Fees *In addition to Tiny Stars summer program fee *Prices are subject to HST Payment plans will be available through our registration platform	Tuition: \$305.35 Competition fee: \$221.10 Choreo/Music fee: \$125 Uniform & Bow fee: Approx \$195	Tuition: \$610.50 Competition fee: \$342.10 Choreo/Music fee: \$125 Uniform & Bow fee: Approx \$195

*Other required items not included: white shoes, Cheer Canada Membership

Optional item: competition makeup kit



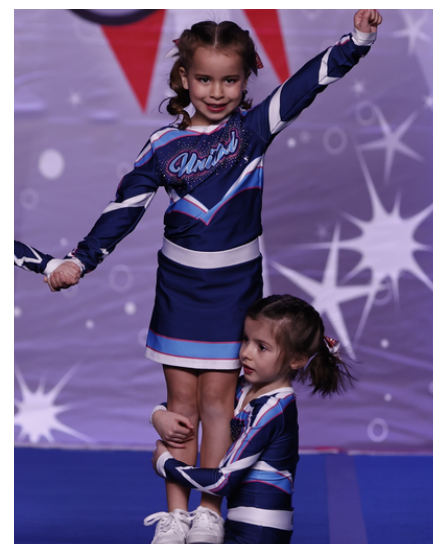


COMPETITIVE PROGRAMS PERKS

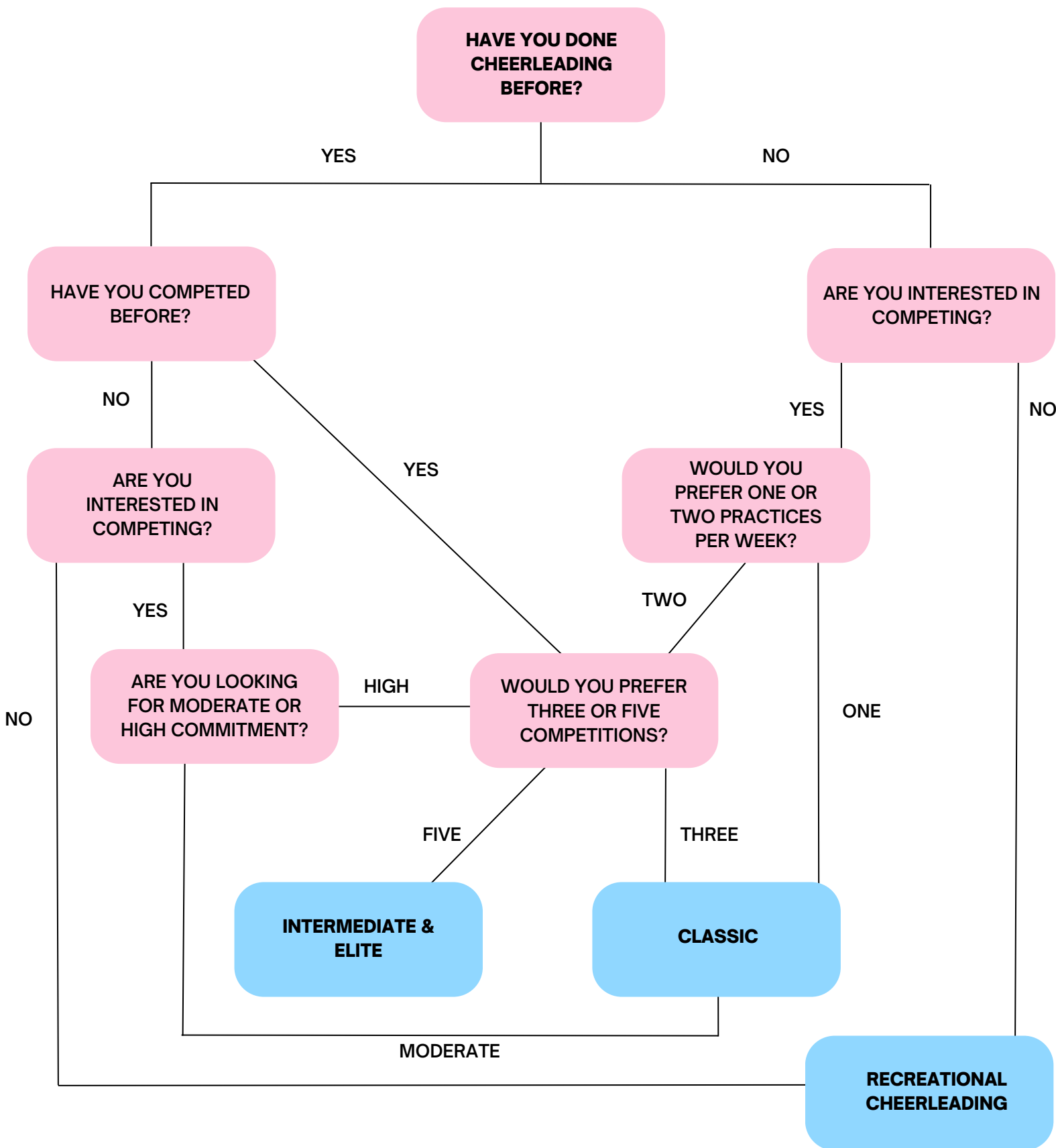
	<i>Classic</i> INCLUDES PARTIAL SEASON PREP & NOVICE	<i>Intermediate</i> INCLUDES FULL SEASON ALLSTAR, PREP, NOVICE & NON-WORLDS OPEN	<i>Elite</i> INCLUDES FULL SEASON ALLSTAR, PREP & WORLDS (NO U6 OPTION)
Practice gear included	No	T-shirt & shorts	T-shirt & shorts
Tumbling class discount	No	35% off	35% off
NASA clinic	No	Yes	Yes
Stargazing (year end showcase)	Yes	Yes	Yes

NASA CLINIC "NEW ACHIEVEMENTS FOR SKILLED ATHLETES"

Our full season competitive athletes will have a mandatory skills clinic during the summer. The goal of the NASA clinic is to kick off the season with technique training that will help our athletes master the foundation needed for success and progression through the season. **Tentative dates: July 29th-31st (daytime)**. World's level teams may have more than one clinic throughout the season.



WHICH OPTION IS BEST FOR MY CHILD?



TEAM PLACEMENTS



HOW DOES IT WORK?

Athletes interested in being a part of a full season competitive program (any division) should (1) pre-register online, (2) complete the team placement Google form, and (3) attend BOTH team placements sessions for their age group in May. The pre-registration and Google form can be accessed by visiting www.cheerunited.ca/registration and clicking **register now**. Please note there is a \$5 placement fee. For those interested in the classic program, pre-registration will take place in the summer.

During team placements, our coaches will assess stunting, jumps, dance, tumbling and other skills such as flyer flexibility, technique, and overall potential. At Cheer United, there is a team for everyone to shine on!

Following team placements, all athletes are invited to Team Reveal night. Detailed team information including practice info and how to officially register through our Sports Engine website will be provided at that time.

Athletes must attend BOTH dates based on their birth year:

For the full season program (June-May)

Tues May 14th

4:30-5:30pm: 2018-2020

5:45-7:15pm: 2016-2017

7:30-9:00pm: 2008-2011

Thurs May 16th

4:30-6:00pm: 2008-2011

6:15-7:45pm: 2012-2015

8-9:30pm: 2007 & older

Wed May 14th

4:30-6:00pm: 2016-2017

6:15-7:45pm: 2012-2015

8:00-9:30pm: 2007 & older

Fri May 17th

4:30-5:30pm: 2018-2020

5:30-8:30pm: Callbacks by appointment

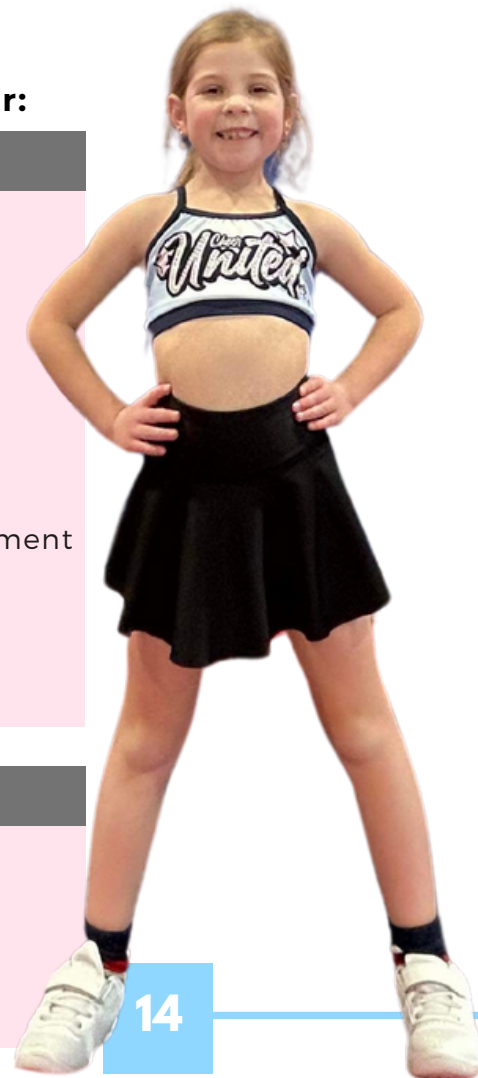
REVEAL DAY: THURS MAY 23RD

For the Classic/partial season program (Sept-May)

Sun August 11th: Times TBD

Can't make it? Contact us for a makeup session by appointment.

REVEAL DAY: FRI AUGUST 16TH





ADDITIONAL CLASSES

KEEP AN EYE ON OUR SOCIAL MEDIA PAGES FOR INFO ON EXTRA PROGRAMMING

OPEN GYM

Ages 0-3

Our Baby/Toddler Open Gym program is the perfect opportunity for little ones to work on physical and social development alongside their parent(s). The cost is \$8 per visit or \$32 for a monthly membership.

There is a one-time online registration required. We will advertise on our social media when Open Gym will be offered each term.

Ages 8+

This Open Gym program is designed for athletes who wish to drop in for independent training time. The rate for members is \$5 per visit, and \$10 for non-members (cash at the door).

PRIVATE CLASSES

45 MINUTE CLASSES

PRIVATE: \$35 PER CLASS + HST (2024-2025 price change will take effect June 1st)

SEMI-PRIVATE: \$45 PER CLASS + HST

Private tumbling classes are the perfect opportunity for athletes who are close to a new skill, but need a bit more time to perfect it. One to one coaching by one of our trained tumbling staff will allow the coach to gear drills specific to the goal of the athlete. If interested in semi-private lessons, one person will register on behalf of two people through our online registration platform.

Non-member pricing: Private -\$45 + HST / Semi-private: \$55 + HST



CAMPS

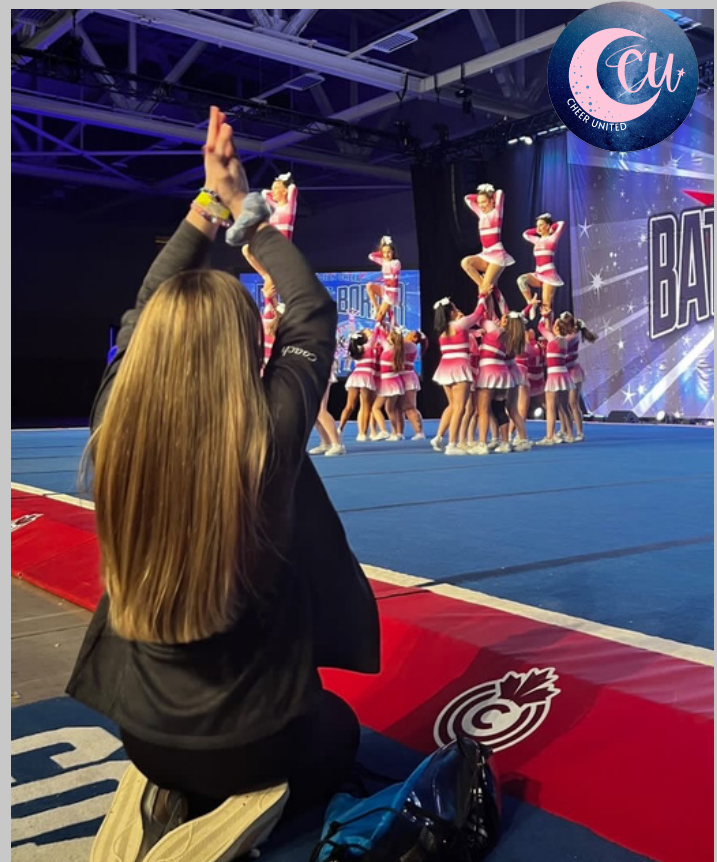
We also offer PD Day Camps, March Break and Summer camps for athletes looking for something fun to do on their day(s) off of school/for parents in need of child care on these days. Our camps are open to members and non-members. Registration will be available through our website.



FUNDRAISERS & SPONSORSHIP

We host an annual trivia night as a program fundraiser, as well as a few other fundraisers through the season to help raise funds for our gym (for things such as new equipment), as well as our Worlds program. For our competitive program, we will offer a few optional individual fundraisers for those athletes looking to offset the cost of their fees.

If you or someone you know is a business owner and is interested in becoming a Cheer United Sponsor, please email us at cheerunitedgym@gmail.com to learn about our sponsorship package!



SIBLING RATE

We offer a sibling discount to parents of athletes in our competitive cheerleading programs:
\$125 off tuition for second and subsequent children in any competitive cheerleading program





MEET OUR STAFF

Our friendly, qualified staff have many years of cheerleading experience and know how to transmit their knowledge to our athletes in an effective and engaging way. Each coach embodies qualities of leadership and empowerment and plays a big role in fostering a safe and positive space for all of our athletes.

OUR FOUNDERS

The owners of Cheer United, Brittany and Nikki, have had great success in coaching the Welland Centennial Secondary School cheerleaders for over 12 seasons. In their years of coaching, they have led their team to 10 provincial and 5 national titles! After years of patience, our founders are thrilled to bring their success to the next level. Their personal experiences with All-Star programs make them well-equipped to compete with the best.

Cheerleading is an interactive sport that encourages confidence, motivation, and socialization. Nikki and Brittany met through cheerleading at Centennial, and have since maintained a long-lasting friendship. They have attended nursing school together, have traveled the world together, and have coached alongside one another for more than 15 years now.



NIKKI

BRITTANY

JUST SOME OF OUR AMAZING COACHES



“Our motto with Centennial was always to treat each other like sisters, and success will come. We are bringing this same dynamic to our all-star program, as highlighted in our name. United as a family...Welcome to Cheer United!”

- Brittany and Nikki





FREQUENTLY ASKED QUESTIONS

What is the address?

Our brand new facility, The Galaxy, is located at 150 Downs Dr in Welland, ON. The Galaxy is just off of the 406, making it an ideal location for families from many cities in the Niagara Region.

What should athletes wear?

Athletes are encouraged to wear a T-shirt, tank top, or sports bra. Any flexible shorts or pants would be appropriate. We typically encourage a fitted style short or pant so that the athletes feel covered when stretching. Long hair is recommended to be pulled back. Please remove jewelry for everyone's safety.

Do I need special shoes?

Please wear any indoor athletic shoes. Colour does not matter during class/practice. During competition season, we will require an all white shoe for competitive athletes.

Can I stay and watch?

Parents are welcome to watch classes/practices in the lobby, which is equipped with two way glass. Family members must remain in the lobby and are not permitted inside the gym.

How to stay connected?

We have a CU members Facebook page where we share updates, reminders, photos, etc. The group can be found by searching "**CU members***" in the Facebook search bar. Parents are expected to check their email regularly as email is our main method of communication for important information.

What to do with my old uniform?

We have a Facebook group for members to buy or sell gently used CU merchandise and uniforms, shoes, etc. The group can be found by searching "**Cheer United Apparel Swap & Sell**" in the Facebook search bar.



POLICIES

COMPETITIVE PROGRAMS



At Cheer United, we pride ourselves on our ability to provide an environment that is fun, positive, and conducive of growth. We can have even more success when we work together with the parents and families in the CU community by adhering by our policies:

ATTENDANCE

Attendance is a uniquely integral part of success in cheerleading. For this reason, we rely on parents to help us enforce our attendance policy. Foreseen circumstances (such as appointments, social activities, etc) should be scheduled around practice times, and vacations should be booked with respect to the competition schedule. Removing cheer is not an acceptable form of punishment as it impacts the entire team.

FINANCIAL

Parents have a responsibility to fulfill their financial commitment when registering for a program at CU. Athletes with missed payments will be asked to sit out of practice. Leaving the competitive program midseason is subject to a \$200 discontinuation fee. Cheer United will issue a prorated refund for tuition fees. There are no refunds for missed practices/classes or cancellations due to inclement weather.

COPYRIGHT NOTICE

The Cheer United brand has been carefully designed to enhance the experience of the CU community. Creating and/or selling your own CU merchandise is not permitted due to copyright law. This includes unauthorized use of our business name, logo, cheers, and symbols without permission. All Cheer United merchandise sales will take place on our online pro shop at cheerunitedgym.square.site.

COMMUNICATION

Email is our main communication method. Athletes/parents are responsible for checking their email regularly for messages from CU. We also have a Facebook page for that we use to share information. You can find the page by searching "CU Members*". Athletes/parents have a responsibility to communicate with us when needed (ex. absences, questions).

SPORTSMANSHIP

Cheer United prides itself on our positive gym culture amongst our coaches, the athletes and their parents. It is expected that all members of the CU family maintain a high level of sportsmanship and conduct themselves in the spirit of inclusivity. This includes while in the lobby, at practice, competitions, CU events, while in the community, on social media, etc.

TRUST THE PROCESS

Our athletes mean the universe to us, so we will always do what we feel is best for the team. When it comes to team placements, appropriate levelling, routine or role changes, safety, etc, it's all in the name of what is best for the team. We ask that you understand and support our decisions throughout the season. You've come to Cheer United to grow and be a part of our positive gym culture and we can't to #CUshine!



WHY CHOOSE CHEER UNITED?

Once you join Cheer United, you become part of our family. We have coached many athletes throughout the years and still have a close bond with all those athletes. United is in our name, and it symbolizes to us the united family that exists within our organization. We are passionate about an amazing sport, and care wholeheartedly about the athletes we get to inspire every day. We do not take our roles lightly and feel that every coach within our organization is able to be a positive influence and role model for our athletes. Cheer United teaches life skills that are transferrable to all life scenarios. We promote family, friendship, positivity and fun!



TESTIMONIALS

“The coaches are passionate, hardworking and kind. The teams are open and welcoming, I always leave practice with a smile on my face. 10/10 recommend.”
-Kelsey, athlete.

“I am so thankful we joined Cheer United. I am very pleased with this group, such great coaches and so much fun!”
- Tracey, parent

“Amazing coaches who are dedicated to cheerleading and guiding young people and helping them achieve their goals.”
-Deborah, parent

“My daughter has been practicing so much at home. Cheer has given her a great sense of being a part of a team. She’s really come out of her shell.”
-Jasmine, parent

CONTACT US



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