

CHEER SPORT SHARKS

***COMPETITIVE TEAM
INFORMATION
PACKAGE***

2025/2026

SHARKS

NEWFOUNDLAND

709-351-0641

WWW.CHEERSPORTSHARKS.COM

@CHEERSPORTSHARKSNL

WELCOME TO CHEER SPORT SHARKS

NEW SEASON, NEW GOALS, SAME UNSTOPPABLE SHARKS!

WELCOME TO SEASON 23—WHERE DREAMS TAKE THE SPOTLIGHT AND CHAMPIONS ARE MADE!

We're thrilled you're considering joining the Cheer Sport Sharks. Get ready to dive into an electrifying, inclusive, and unforgettable culture that athletes coast to coast can't resist. With our track record of success, world-class coaches, and jaw-dropping facilities, it's no wonder Sharks are making waves around the globe. At Cheer Sport Sharks, it's all about YOU, and making your cheerleading journey a life-changing adventure! We're here to help your child discover their passion and fall in love with the incredible world of cheerleading.

HERE'S WHAT BEING PART OF OUR SHARK FAMILY IS ALL ABOUT

- **Creating a home away from home for every athlete**
- **Developing life skills through teamwork, communication and trust**
- **Achieving goals through dedication and hard work**
- **Keeping the FUN at the heart of youth sports**
- **Uncovering and nurturing true passion**
- **Supporting dreams of becoming a champion—not just a participant**

As the leaders in athletic development, we deliver cheerleading at a level unmatched anywhere else. Year after year, we shine on the world stage, proudly ranked in the top 10 globally at the Cheerleading World Championships. That's right—the top 10 in the WORLD! With bids, rings, globes, and hit zeros, our success-driven culture is designed to inspire greatness. We are the ONLY gym in Ontario to have multiple wins at the IASF Worlds – to be exact an incredible 9 times! We couldn't do it without our amazing teal family—from our affiliate gym owners, to the program managers, talented coaches, desk divas, and full-time staff; we simply have the BEST in the business. Together, we're building a legacy of excellence. Get ready to join the excitement! Whether it's your 1st or 20th year with us, we're thrilled to kick off a new season and can't wait for you to dive into the possibilities that come with being part of the Cheer Sport Sharks. We're proud to foster a love for the sport, build strong teams, and create a supportive, inspiring environment. Let's make this season one to remember—are you ready to find your passion and make waves?

WELCOME TO THE SHARK FAMILY,

Ali Moffatt & Alana Potter

SHARKS



CHEER SPORT SHARKS NL ***MEET THE OWNER***

LET'S DIVE INTO SEASON 4 TOGETHER!

WELCOME TO THE ISLAND!

I am so excited you are interested in joining the Sharks side!

Teal will quickly become your new favourite colour as we dive into a new FINCREDIBLE season. CSSNL is all about growth and development of the whole athlete, both on and off the mat. When you join Sharks, you are joining a family; where everyone has a place to call home. Our highly educated and experienced staff will embrace your athlete so they can reach their full potential, the Shark way.

Joining Cheer Sport Sharks NL goes beyond learning routines. We provide a community where parents and kids alike feel welcomed and supported. From team bonding activities to parent education opportunities, we ensure that every family grows with us. Our gym becomes a second home where athletes not only develop their cheer skills but also form lasting bonds that extend beyond the mat.

We have a tremendous amount of interest in our JAWsome program, full of athletes who have always dreamed of experiencing cheer as part of the Shark Family! CSSNL is where athletes grow and become the future of cheerleading.

SO GET READY NEWFOUNDLAND, AND COME SWIM WITH THE SHARKS!

WELCOME TO CSSNL!

Emily Chaytor

SHARKS



SHARKS COMMUNICATION



WE PRIDE OURSELVES ON BUILDING STRONG COMMUNICATION WITH RESPECT AT THE FOREFRONT. OUR STAFF ARE HERE TO HELP! PLEASE REVIEW THE SHARK STANDARD OF COMMUNICATION BELOW.

COMMUNICATION CHAIN OF COMMAND

1. Cheer Mom/Dad (Team Rep)
2. Head Coach
3. Program Manager
4. Owner



**CHECK OUT OUR STAFF
DIRECTORY HERE**

24 Hour Rule

- We follow the 24-hour rule and ask parents to do the same. Please avoid airing frustrations on social media. If you still feel the same after 24 hours, reach out via email following the chain of communication to address your concerns.

Staff Hours & Communication Methods

- The majority of our staff are in the gym evenings and on weekends therefore their office hours will vary.
- Email and BAND are the only methods of communication to reach our staff.

Staff Response Rate Expectation

- Please allow up to 48 hours for staff to respond during working hours. Due to the nature of our staff's differing hours this may vary.

Right to Disconnect

- We believe in our staff's 'Right to Disconnect'. Please respect our staff's personal time as they will not be responding.



DIVE IN NOW TO GET STARTED



We know joining a large program in a new sport can be intimidating. Between the new terminology, and the countless opportunities, to all of the crazy Shark names it's natural to feel a little overwhelmed. We want you to know that we are here for you every step of the way and have lots of resources designed for you, our Shark Families.

HAVE QUESTIONS? LET'S CHAT!
WE WOULD LOVE TO DISCUSS YOUR FUTURE WITH THE SHARKS!

BOOK A CALL

[Click here](#) to book a phone call with one of our knowledgeable and friendly Shark Specialists. These calls are perfect for new families or experienced athletes interested in learning more about the Shark way. Our program managers and administrative team hope to make your transition to Cheer Sport Sharks NL an easy and enjoyable one.

SCHEDULE A CLASS

While we know cheer is the perfect sport, we want you and your child to feel confident joining us! That's why we have plenty of opportunities to come try the sport for FREE! [Click here](#) to schedule your class

SEE WHAT PROGRAM IS BEST FOR YOU

Check out our [SHARKS ROADMAP](#) to help find the right program for you! We offer a variety of opportunities and you are guaranteed to find the program that is the perfect fit for you. From Recreational classes to Novice and All-Star teams; we are able to cater to all families schedules, budgets and goals.

LOOKING FOR RECREATION?
CLICK HERE!

LOOKING FOR NOVICE?
CLICK HERE!

LOOKING FOR ALL-STAR?
KEEP READING!

**THE NEXT STEP OF YOUR COMPETITIVE JOURNEY IS TO
REGISTER FOR A NEW ATHLETE ASSESSMENT OR TRYOUTS!**

See the schedule for more details and sign up for your age specific time.
New athlete assessments & tryouts are fun and stress-free and ensure we see all athletes abilities and skills!

VIEW ASSESSMENT
SCHEDULE HERE!

BOOK A NEW ATHLETE
ASSESSMENT HERE!



TEAM CREATION 2025-2026

Season 4 - LET'S GO!

We strive to form competitive teams at every age group and level based on an athlete's entire skill set. The purpose of tryouts is to allow athletes to come to the gym, demonstrate their skills and be placed on a team that matches their skill set. With our athlete assessment guide, we build our teams based on the positions that we need to fill (bases, flyers, tumblers, etc) in order to field the strongest teams possible, and ensure each athlete is a contributing member of their team. Our teams have a maximum number of athletes allowed, and positions on each team are very competitive.

STEP ONE: TRYOUTS/NEW ATHLETE ASSESSMENT

NEW ATHLETES

→ New Sharks athletes need to register for a **FREE assessment** based on year of birth. Assessment details can be found on page 4 above.

CURRENT ATHLETES

→ Novice: Assessment dates have been communicated in team bands.

→ PREP, AS, Worlds: Current Sharks athletes need to register for the tryout slot based on their year of birth here.

STEP TWO: BITE NITE

After tryouts, athletes will be assigned to a team. We debut these teams at our famous team reveal **Bite Nite**. Athletes will attend their reveal based on the level training group they attended. **Bite Nite is Tuesday May 13th.**

STEP THREE: DRAFT WEEK AND MEET & GREET

Draft week will run from May 14-16th. Stop by the gym behind 5-8pm to get measured for your program crop, t-shirts, uniform, register for tumbling classes, learn about our fundraisers and more! Team practices begin the week of May 20th. All athletes must be registered prior to attending practices. We will host a team meet & greet the first week of practices. These meetings are highly recommended as a great introduction to the team coaches, program managers, and other parents/athletes.

ARE YOU AN EXPERIENCED WORLDS ATHLETE?

We want to hear from you prior to attending to learn about your experience! Please reach out via email to newfoundland@cheersportsharks.com. Your information will be kept confidential.

IASF AGE GRID

AGE:	YEAR OF BIRTH:
U6	Born from 2019-2021
U8	Born from 2017-2018
U12	Born from 2013-2016
U16	Born from 2009-2012
U18	Born from 2007-2011
OPEN	Born from 2010 and earlier Level 7 2009 or earlier



WHY SHARKS?



CHOOSING A CHEER GYM FOR YOUR ATHLETE IS A BIG DECISION, AND WE WANT TO SHARE SOME OF OUR SHARK SECRETS (SHHHHH!) THAT MAKE SHARKS THE RIGHT CHOICE FOR YOUR FAMILY. OUR SHARK CULTURE OF PASSION, SUCCESS AND MOTIVATION IS ONE OF A KIND.

READ ON TO LEARN MORE ABOUT SOME OF OUR SHARK SECRETS:

- *Our passionate, knowledgeable coaches inspire athletes to reach their goals, build confidence, and thrive through teamwork. With highly professional staff from around the globe, athletes will love learning from our dedicated team who make Sharks their home.*
- *Our practices are curated to be fast paced, effective and fun. Your kids will move! It may not be easy, but it's always worth it!*
- *We integrate life skills into our sport. Teaching accountability, personal responsibility, communication, mutual respect, collaboration with peers and grit is a major focus for us at Sharks, and our success shows it!*
- *Advanced training opportunities.*
- *Specialized tumbling training: lessons, clinics and camps to help achieve all your tumbling goals with highly sought after industry professionals.*
- *Skill-based training programs available throughout the season for athletes looking to learn, grow & improve.*
- *Quality control process to ensure all teams are up to the Shark Standard.*
- *World Champion coaches, choreographers and guest instructors both in house and invited regularly over the season to train teams & athletes through camps, clinics & lessons. We bring in the best and include it in your fees!*
- *In-house Health & Wellbeing specialist with resources to help your athlete thrive.*

CHEER SPORT SHARKS NL OFFERS LIMITLESS OPPORTUNITIES FOR ALL AGES AND LEVELS, PROVIDING A CLEAR PATH TO SUCCESS.

TIP TO TAIL HIGHLIGHTS

- **AN IN DEMAND NOVICE PROGRAM THAT SELLS OUT, YEAR AFTER YEAR.**
- **LEVEL CHAMPION AWARDS AT ALL EVENTS ACROSS ALL AGES AND LEVELS.**
- **COUNTLESS CHAMPIONSHIP WINS!**
- **TENS OF THOUSANDS OF DOLLARS IN PRIZE MONEY RECEIVED FOR OUR WORLDS PROGRAM IN BIDS.**
- **PAID BID INVITATIONS TO THE YOUTH SUMMIT & THE SUMMIT.**
- **NL'S ONLY YOUTH SUMMIT PROGRAM.**
- **NATIONAL CHAMPION TEAMS AT ALL AGES, LEVELS AND LOCATIONS!**



WORLDS HIGHLIGHT

MORE THAN JUST A CHEER GYM, WE OFFER LIFE-CHANGING EXPERIENCES WITH OPPORTUNITIES AS BIG AS THE OCEAN.



***IF YOU HAVE A DREAM, WE CAN GET YOU THERE!
CHOOSING SHARKS MEANS SETTING YOURSELF UP FOR SUCCESS.***

**BOOK YOUR ASSESSMENT
TIME HERE**

For athletes already in cheer, we **KNOW** you have heard of our famous Worlds Program!

We are home to the **MOST** World Champion teams in Canada along with the most top 3 finishes.

CSSNL Worlds teams placed top 5 in Canada at Worlds in 2024! All of our teams also hit zero, making us the first teams from NL to do so on the Worlds stage! Bomber & Avalon Sharks also made it to finals, another history making milestone.

Athletes travel to cheer with us from around the world! These athletes along with our home grown talent are looking to take their cheer career to another level. You won't find a better Worlds experience anywhere!

Unique top of the line uniforms by Rebel Athletic.

We are proud to offer the best variety of Worlds teams including all available levels and age categories.

If you have the skills - we have a team for you!



SHARKS

IMPORTANT TEAM INFORMATION



Team Schedule Details:

Once we have confirmed our teams for the 25-26 season, we will be able to finalize our team practice schedule. Team Schedules will be confirmed at Bite Nite. All Prep & All-Star teams will train one weeknight during the summer (July/August), and twice per week in June then again in September.

Summer Attendance:

Attendance at practice is critical to your athlete's progress and integral to the success of the team. Athletes should be at all practices during the summer season if they are in the area.

- Any absence must be communicated via newfoundland@cheersportsharks.com as soon as possible.
- The more notice we have of an absence, the more time we have to find a fill in so the group/team can still practice.

Competitive Season Attendance:

Competitive Season begins September 2025 and ends April 2026.

- Practice attendance is mandatory and compliance with the attendance policy is strictly enforced.
- Absences must be communicated with coaches via preferred method.
- Black out Practices: Are the 4 weeks leading up to any competitions and it is mandatory for athletes to be present. Failure to follow through with this commitment could result in an athlete's role on the team being adjusted.

Choreography:

Choreography is the process in which the team learns their competition routine. Choreography is required for all athletes to attend. The choreography fees paid include the entire routine, not individual hours as each choreographer follows a different method to build routines. If your athlete is out of the province/country during choreography, please provide us this notice upon registration.

Choreography includes guests that are routine specialists - some of the best in the world! We will be releasing a confirmed choreography schedule once we have exact team details finalized by Bite Nite.

In order to give families an idea of choreography times for summer planning, we are providing windows we believe choreography will fall in.

Teams will have approx 2-3 days within the blocks below:

Choreography Block 1 *Tentative*	Choreography Block 2 *Tentative*
June 18-30th	July 12-13th July 19th-20th August

TBC MAY 13, 2025



COMPETITION DETAILS

Tentative

We've worked hard to build a competition schedule that gives our athletes amazing opportunities to compete at the very best events! Below we've included some options that we will consider when building our competition schedule. Travel competitions will not be selected until after tryouts. This is to set up each team for success by sending them to a competition that meets their skill level and caliber.

We will therefore need a bit of time after teams are selected to determine trip locations. We will communicate travel competitions in July.

PREP	ALL STAR	WORLDS
Attend 4-5 Events *1 travel event	Attend 5-7 Events *1 travel event	Attend 7 Events

TRAVEL DESTINATIONS

POSSIBLE OPTIONS FOR ALL-STAR TEAMS

True North Champions

Edmonton, Alberta

CNCC

Truro, Nova Scotia

Varsity:

Youth Summit - Tampa

International Summit - Orlando

International All Star Federation:

World Championships - Orlando, FL

Atlantic Showdown

Moncton, New Brunswick

Cheer Expo

Halifax, Nova Scotia

Kick's Cheer

Laval, Quebec

One Up

Nashville, Tennessee



COMPETITION FEES

Competition fees are billed to your Amilia account in August with payment due November 15th. Competitions fees must be paid prior to the first event. Once billed, athletes will be required to pay following our cancellation policy.

If you require a payment plan, please request via email by September 15th to newfoundland@cheersportsharks.com

Cost for competitions will range from \$350-605 (team dependent). Summit teams will be billed separately.



YEARLY INVESTMENT

1. CSS REGISTRATION FEE

- Includes: Program crop, t-shirts, insurance, Bite Nite, hair accessory, banquet ticket for athlete, team social fee.
- Non-refundable fee paid during registration.

2. TEAM MONTHLY TUITION -

PRICES VARY BASED ON TEAM AGE/ LEVEL / COMPETITION SCHEDULE

- Includes: monthly tuition fees, Champ Camp, routine choreography, guest coaches, music fees, professional team photo (Chompdawn), full season tumbling classes.
- CSS Pricing Methodology : we offer a full season Sharks experience and team fees are not based solely on per hour practice lengths

PREP / ALL-STAR: 11 EQUAL INSTALLMENTS

Team fees can be broken into 11 equal payments. First payment is made at the time of registration and 10 payments will follow on the 15th of every month.

All Installment plans will end in March 2026. It is not dependent on the registration date

Late registrations will have adjusted installments amounts. This reflects a lesser number of payments within the timeframe. The amounts will be different compared to what is listed on team information pages but all information will be reflected on your original invoice.



ESTIMATED TUITION PRICE RANGES FOR 2025-2026

<u>Team Levels</u>	<u>CSS Registration</u>	<u>Team Monthly Installment Pricing</u>	<u>Payment Options</u>
PREP	\$250+HST	\$175+HST & Amilia Fee	Pay in 11 month installments. Payments are processed via Amilia on the 15th of every month. Amilia requires a card to be saved on file.
ALL-STAR		\$215+HST & Amilia Fee	
WORLDS	\$275+HST	\$230+HST & Amilia Fee	
CROSSOVER 2nd Home Team Add-on	NA	\$90+HST	
SUMMIT Blush/Saltfin Add-on	\$100+HST (Summit ONLY)	\$100+HST	



FINANCIAL POLICIES & SHARK CREDITS

Installment Payment, Late Fee, Excessive Payment Tardiness

Installment Payments are processed automatically on the 15th of each month. Account Holders will be notified via Amilia if there are any issues with the payment and should check that payments are processed successfully each month to avoid late fees. If payments are NOT processed successfully, CSS will automatically retry the saved/approved payment methods on the account on day 3, 5 and 7. After the 7 day grace period any outstanding fees will incur a \$25+HST late penalty.

Excessive tardiness in payments are grounds for your child not participating, competing or attending any classes until a payment arrangement is put in place with our financial department.

Communication is key in circumstances where fees will be late. Overdue accounts with no communication will be grounds for dismissal and risk being sent to a collection agency.

If at any time you need a payment arrangement or alternative payment dates please communicate and reach out to newfoundland@cheersportsharks.com and we will be happy to facilitate your request if possible.

Withdrawal

If you need to withdraw from the team at any time, for any reason you must EMAIL the gym. Email is the ONLY acceptable form of communication for these requests. You should discuss your decision with your coaches and Program Manager who will be able to direct you to the correct form for withdrawal request. Withdrawal requests must be sent at least 10 days' prior to any scheduled payments or the next payment could be processed at the discretion of CSS. Any outstanding invoices (coaches fee, trip fees, competition fees) will be due if billed prior to withdrawal. This is due to fees being paid for on your athletes behalf by the gym that are nonrefundable.

Refund Policy

Our tuition fee structure allows parents to only have to think about one price and one payment, but in reality we are collecting fees and making payments on your athletes behalf many times throughout the season. The collected fees are heavily front loaded meaning they are disbursed in the early months of the season which in turn means we have to have a strict refund policy in order to protect the commitment made upon registration to the team and gym.

All Team Cancellation Windows:	Refund/Credit Options:
Within 10 days of team registration	100% Refund
Registration date up until November 10, 2025	Refund: fees paid, less fees disbursed by the gym and a 25% administrative fee. Credit: fees paid, less fees disbursed by the gym and a 10% administrative fee.
Any time after November 10, 2025	No refund/credit will be issued.

Definition of "fees disbursed": Any monies paid out or planned to be paid out within 15 days of the request on the athletes behalf. This includes, but is not limited to, monthly training fees (these are not prorated on a daily basis), insurance, apparel fees, social fees, choreography, music fees, any competition fees already registered for, hair accessories.

CREDITS

[***Here is the link to the Refund Policy***](#)

Sibling Credit: Families with multiple athletes will be able to request the Sibling credit as of March 1, 2026 via a shared Google form. Siblings must be registered for a novice, prep or all-star team as of March 1, 2026 to be eligible for the credit. The credit must be used prior to the end of the 2025-2026 season. 2 Siblings = \$200 | 3 Siblings = \$350

MULTI PASS TUMBLING



Tumbling multi passes are for semi-private tumbling sessions.

If your athlete loves tumbling, cheerleading and is serious about advancing in the sport - they should be training their skills with our coaches who understand the ins and outs of the sport of cheerleading, and are qualified to support your athletes growth. Athletes with a multi pass at Sharks advance their skills much quicker in a safe manner with routine-ready skill technique!

Multi Pass packages will be available for purchase on May 1st.

We offer staggered purchase times to ensure a reliable buying experience.

We have a variety of quantities based on staff availability. These packages **WILL** sell out.

Multi passes are the best savings of the year and will not be sold again throughout the season.

- Multi passes are only available for purchase once athletes are registered to a Sharks team.
- Multi passes may be shared between siblings (excluding 10 pack).
- Any unused passes expire at the end of the season on May 31, 2026

How tumbling at Sharks works:

- Tumbling classes are grouped by skill level and current home team. This allows for similar skilled athletes to work together at an equal pace.
- Tumbling skills will be linked to your athlete's profile on Amilia. This will allow for proper registration. Athletes looking to add new skills to their account can book an assessment at the end of each month with our tumbling director.
- Tumbling classes (included with tuition) are for drills to build strength and technique. Athletes will not receive "spotting" from coaches in group tumbling classes. Athletes seeking to be "spotted" would benefit from a private lesson.
- If your athlete is registered for a tumbling class and cannot make it, you can unregister via Amilia up to 2 hours prior to the class. Our classes have waitlists and therefore athletes who do not show will have a \$10 penalty added to their account and will not be able to register for future classes until paid.

****ALL PRICES DO NOT INCLUDE HST****

<u>Semi Private Multipass</u>	<u># of Lessons Available</u>	<u>Pay in Full</u>
Levels 1-6 With Sam/Leah	40	\$ 1300
	20	\$ 750
	10	\$ 450
Levels 1-3 With Karley, Sarah, Claire, Aaron	40	\$ 1,110
	20	\$ 650
	10	\$ 350

IMPORTANT DATES AND CLOSURES

2025-2026

New Athlete Assessments - May 4th 2025

Tryouts - May 6-10th 2025

Bite Nite- May 13th 2025

Draft Week - May 14 - 16th 2025

Staff Training- May 14-17th 2025

First Week of Practices - May 20th 2025

CIT Training - TBC

Cheer Mom Training - TBC

Champ Camp- June 18-30th 2025

Competitive Team Uniform Order Deadline - June 25th

Closure : Canada Day - July 1st 2025

Novice Bite Nite - August 24th 2025

Closure : Labour Day - September 1st 2025

Regular Season Practices begin** - September 2nd 2025

Closure : Thanksgiving Weekend - Oct 11-13th 2025

Chompdawn - Nov 8th 2025

Closure : Diva & Staff Training - Nov 9th 2025

Closure : Christmas Break - Dec 20- Jan 2nd

Gym Reopens - January 3rd 2026

Closure: Easter (Except Worlds teams)- April 3-6th 2026

Last Day of Team Practices - April 17th 2026

Year End Banquet and Team Celebrations 2026- Early May

****Mandatory Practice and Black-out Dates in Effect**



SHARKS

TESTIMONIALS



HEAR FROM OUR SHARK FAMILIES...

It's about more than JUST cheerleading.

JOINING THE CSSNL FAMILY LAST SEASON WAS ONE OF THE BEST DECISIONS I'VE EVER MADE. CALLING IT LIFE-CHANGING WOULD BE AN UNDERSTATEMENT. FROM THE UNWAVERING SUPPORT TO THE PERSONAL GROWTH AND CONFIDENCE I'VE GAINED, CSSNL HAS TRULY SHAPED ME INTO THE ATHLETE AND PERSON I AM TODAY. I'VE MET SOME OF MY CLOSEST FRIENDS, TRAINED UNDER THE BEST COACHES, AND EXPERIENCED OPPORTUNITIES I NEVER COULD HAVE IMAGINED. THE FACT THAT I GET TO SAY, "I'M GOING TO WORLDS NEXT MONTH," STILL FEELS SURREAL.

924 TOPSAIL ROAD ISN'T JUST A GYM—IT'S A SECOND HOME TO SO MANY OF US. THE ENERGY, THE FRIENDSHIPS, AND THE PASSION FOR THIS SPORT MAKE IT THE BEST PLACE TO BE. CSSNL, I LOVE YOU!

THIS GYM HAS PLAYED A PIVOTAL ROLE IN MY DAUGHTER'S GROWTH, BOTH ATHLETICALLY AND PERSONALLY. THROUGH THE PROGRAM, SHE HAS GAINED A SIGNIFICANT BOOST IN CONFIDENCE AND SELF-ESTEEM, LEARNING TO TRUST IN HER ABILITIES AND EMBRACE CHALLENGES. THE COACHES HAVE BEEN INCREDIBLY SUPPORTIVE, PUSHING HER TO REACH NEW MILESTONES WHILE ALWAYS PRIORITIZING HER SAFETY AND WELL-BEING. SHE'S DEVELOPED VALUABLE SKILLS LIKE DISCIPLINE, TEAMWORK, AND RESILIENCE, WHICH HAVE EXTENDED BEYOND CHEERLEADING INTO OTHER AREAS OF HER LIFE. THE POSITIVE, ENCOURAGING ENVIRONMENT HAS ALLOWED HER TO THRIVE, AND WE'VE SEEN REMARKABLE GROWTH IN HER STRENGTH, FLEXIBILITY, AND OVERALL ATHLETIC ABILITIES. I'M INCREDIBLY GRATEFUL FOR THE GYM'S IMPACT ON HER DEVELOPMENT AND THE OPPORTUNITIES IT'S PROVIDED FOR HER TO GROW AS BOTH AN ATHLETE AND A YOUNG PERSON.

CHEER SPORT SHARKS NL HAS BEEN LIKE A FAMILY SINCE MY DAUGHTER JOINED. CHEERLEADING IS A HUGE PART OF HER LIFE – AND THIS PROGRAM, THE STAFF, THE ATHLETES, AND THE OWNER/MANAGEMENT TEAM HAS BOOSTED HER CONFIDENCE IN SO MANY WAYS. WHEN SHE STARTED CHEERLEADING, SHE WAS ONLY 4 YEARS OLD, SHE WAS NERVOUS AND SHY, BUT HER FANTASTIC COACHES UNWAVERING SUPPORT HELPED HER FLOURISH. SHE HAS LEARNED TO WORK AS A TEAM, THE MEANING OF SPORTSMANSHIP, AND HAS ACCOMPLISHED SO MANY SKILLS IN A SHORT PERIOD OF TIME. HER CONFIDENCE HAS SOARED, AND HAS HELPED IN SO MANY ASPECTS OF HER LIFE AT JUST 5 YEARS OLD. TO SAY WE ARE GRATEFUL TO BE A SHARKS FAMILY IS TRULY AN UNDERSTATEMENT. THE LESSONS AND SKILLS SHE HAS LEARNED GO FAR BEYOND THE GYM. I ALWAYS SAY SIGNING HER UP AT SHARKS WAS THE BEST THING I EVER DID. WE WILL FOREVER BE GRATEFUL FOR THE LIFELONG FRIENDSHIPS OUR FAMILY HAS GAINED FROM BEING A PART OF CSSNL. I CANNOT WAIT TO WATCH HER GROW AND LEARN AS A SHARK NEXT SEASON. FINS UP, A SMILE GOES A MILE.



WE CAN'T WAIT TO SEE YOU IN SEASON 23!

CHEER SPORT SHARKS NL

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WELCOME TO THE SHARK FAMILY,

Ali Moffatt & Alana Potter



CHEER SPORT SHARKS NL ***MEET THE OWNER***

LET'S DIVE INTO SEASON 4 TOGETHER!

WELCOME TO THE ISLAND!

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Teal will quickly become your new favourite colour as we dive into a new FINCREDIBLE season. CSSNL is all about growth and development of the whole athlete, both on and off the mat. When you join Sharks, you are joining a family; where everyone has a place to call home. Our highly educated and experienced staff will embrace your athlete so they can reach their full potential, the Shark way.

Joining Cheer Sport Sharks NL goes beyond learning routines. We provide a community where parents and kids alike feel welcomed and supported. From team bonding activities to parent education opportunities, we ensure that every family grows with us. Our gym becomes a second home where athletes not only develop their cheer skills but also form lasting bonds that extend beyond the mat.

We have a tremendous amount of interest in our JAWsome program, full of athletes who have always dreamed of experiencing cheer as part of the Shark Family! CSSNL is where athletes grow and become the future of cheerleading.

SO GET READY NEWFOUNDLAND, AND COME SWIM WITH THE SHARKS!

WELCOME TO CSSNL!

Emily Chaytor

SHARKS



SHARKS COMMUNICATION



WE PRIDE OURSELVES ON BUILDING STRONG COMMUNICATION WITH RESPECT AT THE FOREFRONT. OUR STAFF ARE HERE TO HELP! PLEASE REVIEW OUR IMPORTANT BEST PRACTICES WE FOLLOW.

COMMUNICATION CHAIN OF COMMAND

1. Cheer Mom/Dad (Team Rep)
2. Head Coach
3. Program Manager
4. Owner



**CHECK OUT OUR STAFF
DIRECTORY HERE**

24 Hour rule

- We follow the 24-hour rule and ask parents to do the same. Please avoid airing frustrations on social media. If you still feel the same after 24 hours, reach out via email following the chain of communication to address your concerns.

Staff hours & communication methods

- The majority of our staff are in the gym evenings and on weekends office hours vary.
- Email and BAND are the only methods of communication to reach our staff.

Staff response rate expectation

- Please allow up to 48 hours for staff to respond during working hours. Due to the nature of our staff's differing hours this may vary.

Right to Disconnect

- We believe in our staff's 'Right to Disconnect'. Please respect our staff's personal time as they will not be responding.



DIVE INTO NOVICE

Our Novice program is an introduction to competitive cheerleading that runs from September to April. Designed for athletes ready to learn what being a part of a cheerleading team is, Novice teams train 1 day a week for 2 hours. Team practices have a central focus on the foundational elements of cheerleading while putting them into a routine. Practices are structured around learning the fundamentals of the team components of cheerleading while building a routine and working towards executing it with confidence. Our fully trained coaching staff follow an outlined lesson plan to ensure teams are not only ready to compete but on track to reach their next level goals for the upcoming season.

WE ARE HERE TO HELP NAVIGATE THE WATERS WITH THE SHARKS! BOOK A CALL ABOVE

STUNTING

Stunting is one of the key components of a cheerleading routine involving lifting and supporting teammates to create impressive structures in the air! Throughout the Novice season, your child will learn the important foundational elements of stunting including proper techniques for basing, flying, and spotting. They will practice essential skills such as building stable stunts, executing clean dismounts, and understanding the importance of timing and teamwork.

TUMBLING

Tumbling is the fun acrobatic section in cheerleading, involving moves and maneuvers that showcase agility and athleticism. Throughout the session, your child will spend a portion of their team training time developing the various basic elements of tumbling, including forward rolls, cartwheels, round-offs, and handstands. They will practice lines and essential skills such as proper body alignment, controlled landings, and progressive drills to build their tumbling repertoire. It is important to note that if athletes want to learn new or advance their current tumbling, they should do this during outside semi-private or group tumbling classes.

JUMPS AND DANCE

Jumps are another important part of cheerleading, showcasing power and precision. Novice athletes will learn and showcase a variety of jumps based on their age group, including star jumps, tuck jumps, toe touches, pikes, and hurdles. The dance component of a cheerleading routine involves choreographed movements, set to the music, that emphasize rhythm, style, and synchronized motions. It adds rhythm and flair to routines. Athletes will learn and practice basic elements of dance, including sharp motions, body control, and expressive choreography. They will practice essential skills such as timing, synchronization, and musicality, enhancing their ability to perform a dynamic dance sequences.

***LOOKING FOR RECREATION?
CLICK HERE!***

***LOOKING FOR COMP?
CLICK HERE!***

***LOOKING FOR CAMP?
CLICK HERE!***

SHARKS

TEAM INFORMATION



Team Schedule Details:

Once we have confirmed our team offerings for the 25-26 season, we will be able to finalize our team practice schedule. Team Schedules will be confirmed by June 1st. Novice Teams will train one day per week beginning in September.

Competitive Season Attendance:

- Practice attendance is **mandatory** and compliance with the attendance policy will ensure your athlete gets the most out of the season. Cheerleading is truly a team sport and the team can only feel successful when athletes are attending all scheduled practices.
- Absences must be communicated with coaches via preferred method.
- **Black out Practices:** The 2 practices leading up to competitions are mandatory for athletes to be present. Failure to follow through with this commitment could result in an athlete's role on the team being adjusted and or removed for the upcoming competition.

Choreography:

Choreography is the process in which the team learns their competition routine. Choreography is required for all athletes to attend and happens at practices starting in September.

Competitions: There will be 2-3 competitions a season. These dates will be confirmed at Novice Bite Nite and more detailed information about each event will come out 1-2 weeks prior to the competition.

REGISTRATION OPENS JUNE 1ST AT 10:00AM



NOVICE AGE GRID

AGE:	YEAR OF BIRTH:
U6	Born from 2019-2021
U8	Born from 2017-2019
U12	Born from 2013-2017
U16	Born from 2009-2014

COMPETITION DETAILS



Tentative

We work hard to build a competition schedule that gives our athletes amazing opportunities to compete at the very best events! Below we've included some options that we will consider when building our competition schedule. The tentative schedule will be confirmed by June 3rd, 2025.

NOVICE EVENTS

CHOMPDOWN

Our Cheer Sport Sharks Showcase- November 2025

2 LOCAL/VIRTUAL COMPETITIONS

These are within driving distance OR held at the gym.

COMPETITION FEES

Competition fees for Chompdown & Big Bite are included in your tuition fees. Athletes will be invoiced for the 3rd competition once finalized.



YEARLY INVESTMENT

Our fees are comprised of two separate payments. Below you will find the fees required to be paid & what is included in those fees, a breakdown of the instalment plan option and a price range for teams fees while we continue to finalize things. While fees haven't been confirmed quite yet they will be confirmed prior to registration opening in June.

1. TUITION FEES -> \$125/MONTH + HST

- **Includes:** September- April tuition fees, music fees, tumbling classes, competition hair accessory, professional team photo (digital), year end novice celebration event, and Chompdown & Big Bite competition fees (see note above).
- Pricing is subject to change until team registration opens in June.
- **CSS Pricing Methodology** : we offer a full season sharks experience and team fees are not based solely on per hour practice lengths

2. NOVICE UNIFORM -> \$115 + HST

- This will be invoiced in the fall after measurements are taken and approved. If you already have our novice uniform, you will not need to purchase another uniform.

NOVICE PAYMENT OPTIONS

Pay in Full

Pay in full pricing is available from June 3rd - August 31st, 2025.

8 Instalment Payments

Team fees can be broken into 8 instalment payments. First payment is made at the time of registration and the remaining 7 payments begin October 1, 2025 until April 1, 2026.

All Installment plans will end in April 2026. It is not dependent on the registration date. Late registrations will have adjusted installments amounts. This reflects a lesser number of payments within the allotted time frame. The amounts will be different compared to what is listed on team information pages but all information will be reflected in your Amilia account on your original invoice.

FINANCIAL POLICIES & SHARK CREDITS



Installment Payment, Late Fee, Excessive payment Tardiness

Installment Payments are processed automatically on the first of each month. Account Holders will be notified via Amilia if there are any issues with the payment and should check that payments are processed successfully each month to avoid late fees. If payments are NOT processed successfully, CSSNL will automatically retry the saved/approved payment methods on the account on day 3, 5 and 7. After the 7 day grace period any outstanding fees will incur a \$25+HST late penalty.

Excessive tardiness in payments are grounds for your child not participating, competing or attending any classes until a payment arrangement is put in place with our financial department.

Communication is key in circumstances where fees will be late. Overdue accounts with no communication will be grounds for dismissal and risk being sent to a collection agency.

If at any time you need a payment arrangement or alternative payment dates please communicate and reach out to newfoundland@cheersportsharks.com and we will be happy to facilitate your request if possible.

Withdrawal

If you need to withdraw from the team at any time, for any reason you must EMAIL your program manager. Email is the ONLY acceptable form of communication for these requests. You should discuss your decision with your coaches and Program Manager who will be able to direct you to the correct form for withdrawal request. Withdrawal requests must be sent at least 10 days' prior to any scheduled payments or the next payment will be processed at the discretion of CSSNL.

Refund Policy

Our all inclusive fee structure allows parents to only have to think about one price and one payment, but in reality we are collecting fees and making payments on your athletes behalf many times throughout the season. The collected fees are heavily front loaded meaning they are disbursed in the early months of the season which in turn means we have to have a strict refund policy in order to protect the commitment made upon registration to the team and gym.

All Team Cancellation Windows:	Refund/Credit Options:
Within 10 days of team registration	100% Refund
Registration date up until November 10, 2025	Refund: fees paid, less fees disbursed by the gym and a 25% administrative fee. Credit: fees paid, less fees disbursed by the gym and a 10% administrative fee.
Any time after November 10, 2025	No refund/credit will be issued.

Definition of "fees disbursed": Any monies paid out or planned to be paid out within 15 days of the request on the athletes behalf. This includes, but is not limited to, monthly training fees (these are not prorated on a daily basis), insurance, apparel fees, social fees, choreography, music fees, any competition fees already registered for, hair accessories.

MULTI PASS TUMBLING



Tumbling multi passes are for semi-private tumbling sessions.

If your athlete loves tumbling, cheerleading and is serious about advancing in the sport - they should be training their skills with our coaches who understand the ins and outs of the sport of cheerleading, and are qualified to support your athletes growth. Athletes with a multi pass at Sharks advance their skills much quicker in a safe manner with routine-ready skill technique!

Multi Pass packages will be available for purchase on May 1st.

We offer staggered purchase times to ensure a reliable buying experience.

We have a variety of quantities based on staff availability. These packages **WILL** sell out.

Multi passes are the best savings of the year and will not be sold again throughout the season.

- Multi passes are only available for purchase once athletes are registered to a Sharks team.
- Multi passes may be shared between siblings (excluding 10 pack).
- Any unused passes expire at the end of the season on May 31, 2026

How tumbling at Sharks works:

- Tumbling classes are grouped by skill level and current home team. This allows for similar skilled athletes to work together at an equal pace.
- Tumbling skills will be linked to your athlete's profile on Amilia. This will allow for proper registration. Athletes looking to add new skills to their account can book an assessment at the end of each month with our tumbling director.
- Tumbling classes (included with tuition) are for drills to build strength and technique. Athletes will not receive "spotting" from coaches in group tumbling classes. Athletes seeking to be "spotted" would benefit from a private lesson.
- If your athlete is registered for a tumbling class and cannot make it, you can unregister via Amilia up to 2 hours prior to the class. Our classes have waitlists and therefore athletes who do not show will have a \$10 penalty added to their account and will not be able to register for future classes until paid.

TUMBLING CLASSES ARE INCLUDED WITH NOVICE REGISTRATION

ALL PRICES DO NOT INCLUDE HST

<u>Semi Private Multipass</u>	<u># of Lessons Available</u>	<u>Pay in Full</u>
Levels 1-6 With Sam/Leah	40	\$ 1300
	20	\$ 750
	10	\$ 450
Levels 1-3 With Karley, Sarah, Claire, Aaron	40	\$ 1,110
	20	\$ 650
	10	\$ 350

IMPORTANT DATES AND CLOSURES

2025-2026

Summer Novice Registration- April 1st

Fall Novice Registration- June 1st

Closure : Canada Day - July 1st 2025

Novice Bite Nite - August 24th 2025

Closure : Labour Day - September 1st 2025

Regular Season Practices begin - September 2nd 2025**

Closure : Thanksgiving Weekend - Oct 11-13th 2025

Chompdawn - Nov 8th 2025

Closure : Diva & Staff Training - Nov 9th 2025

Closure : Christmas Break - Dec 20- Jan 2nd

Gym Reopens - January 3rd 2026

Closure: Easter (Except Worlds teams)- April 3-6th 2026

Last Day of Team Practices - April 17th 2026

Year End Banquet and Team Celebrations 2026- Early May

****Mandatory Practice and Black-out Dates in Effect**



SHARKS

TESTIMONIALS



REAL COMMENTS FROM REAL MEMBERS

It's about more than JUST cheerleading.

“

We made the move to Sharks 3 years ago and could not be happier. There are many clubs closer to home, but the top notch coaching, extensive classes and programs available make our drive worth every minute. My daughter has improved so much as a Shark and we look forward to many more years in Teal!



”

“

CSS is a great association for all ages. My daughter has thoroughly enjoyed her years at cheer, making great friends and working on teams under amazing coaches.



”

“

Our daughter enjoys every minute she spends in the gym with these talented folks! She has tried everything between gymnastics, hockey, soccer, dance and it's Cheer Sport Sharks that has left a lasting impression on her. She is looking forward to next season! Go Sharks Go!



”

“

My daughter have been a shark since she turned 4 years old and loves it. It is good for any ages and is an amazing sport about teamwork, dedication and fun! She has made lifetime friends and have many great mentors that have been her coaches throughout the years. She can't wait to see what next season brings. Us parents have also made life long friends that we are grateful for.



”



WE CAN'T WAIT TO SEE YOU IN SEASON 4!

CHEER SPORT SHARKS NL

***RECREATIONAL
INFORMATION
PACKAGE***

2025/2026



SHARKS

NEWFOUNDLAND

1-709-728-5317

WWW.CHEERSPORTSHARKS.COM

@CHEERSPORTSHARKSNL



DIVE IN NOW

HOW TO GET STARTED

CHEER SPORT SHARKS WILL GIVE YOUR CHILD THE OPPORTUNITY TO FIND THEIR PASSION AND FALL IN LOVE WITH A SPORT.

At Cheer Sport Sharks, cheerleading isn't just what we do—it's our passion! Now in our 4th season, we're excited to share this FINCREDIBLE sport with you.

Our recreational cheerleading program is the perfect way to dive in and learn the fundamentals of cheer in a fun, energetic environment. Designed for ages 3 to 12, our program builds a strong foundation in tumbling, stunting, jumps, dance, coordination, flexibility, strength, teamwork, and confidence--all in a fun, supportive environment.

With age-specific classes running once a week, we offer options for every commitment level. Whether you're trying cheer for the first time or looking to develop your skills, we can't wait to welcome you to the Shark family for an unforgettable experience!

We can't wait to SEA you soon!

WANT TO KNOW WHERE CHEERLEADING COULD TAKE YOU?

CHECK OUT OUR ROADMAP OF OPPORTUNITIES



SHARK JOURNEY

- CHEERLEADING FUNDAMENTALS***
- COORDINATION & BALANCE***
- BUILD TEAMWORK & FRIENDSHIPS***
- FLEXIBILITY & AWARENESS***
- CONFIDENCE***
- MUSICALITY***

RECREATIONAL CLASS STRUCTURE

Our Recreational programs are session based & run on 10-12 week cycles. These 60-90 minute classes have a central focus on the foundational elements of cheerleading. Classes are highly active and structured. Led by our fully trained JAWsome Shark coaches who specialize in recreational cheerleading, they help to keep athletes engaged & learning while having FUN. Athletes will receive a report card at the end of each session outlining strengths, goals and next steps.

STUNTING

Stunting is one of the key elements of cheerleading, involving lifting and supporting teammates to create impressive structures in the air! Throughout the session, your child will learn the various basic elements of stunting, including proper techniques for basing, flying, and spotting. They will practice essential skills such as building stable stunts, executing clean dismounts, and understanding the importance of timing and teamwork.



TUMBLING

Tumbling is a key element of cheerleading, involving acrobatic maneuvers that showcase agility and athleticism. Throughout the session, your child will learn the various basic elements of tumbling, including forward rolls, cartwheels, round-offs, and handstands. They will practice essential skills such as proper body alignment, controlled landings, and progressive drills to build their tumbling repertoire.



JUMPS & DANCE

Jumps are a key element of cheerleading, showcasing power and precision. Throughout the session, your child will learn the various basic elements of jumps, including toe touches, pikes, and hurdles. Dance is a key element of cheerleading, adding rhythm and flair to routines. Throughout the session, your child will learn the various basic elements of dance, including sharp motions, body control, and expressive choreography. They will practice essential skills such as timing, synchronization, and musicality, enhancing their ability to perform dynamic dance sequences.



RECREATIONAL CLASS OPTIONS

AT CHEER SPORT SHARKS, WE OFFER SEASONAL RECREATIONAL CLASSES TAILORED FOR EVERY SHARK. FIND THE PERFECT CLASS FOR YOUR ATHLETE BY EXPLORING THE AGE GROUPS BELOW!

MINI AND ME

Ages: 18 months – 3 years

Cost: \$200+HST/session (12 weeks)

Mini and Me is the perfect introduction to cheerleading for your little Shark! With parent participation, this class helps young athletes develop strength, coordination, flexibility, and balance in an engaging, high-energy setting. Guided by expert coaches, children learn foundational cheer skills while building confidence and having fun!

U4 SHARKS

Ages: 3 – 4 years

Cost: \$240 – \$260 + HST*

Our U4 Sharks Program is the perfect introduction to cheerleading for your little Shark! Designed for three- and four-year-olds, this class helps young athletes build strength, coordination, flexibility, and balance in a fun, high-energy environment led by expert coaches.

U8 SHARKS

Ages: 5 – 7 years

Cost: \$360-380 + HST*

Our U8 Sharks Program welcomes young athletes with or without prior cheer experience! In this program, athletes build on cheerleading fundamentals while tackling more advanced skills. They'll develop strength and confidence through stunting, tumbling, jumps, and dance in a fun, supportive environment.

U12 SHARKS

Ages: 8 – 12 years

Cost: \$360-380 + HST*

Jumping Junior is the perfect blend of beginner and advanced training! New athletes will learn the fundamentals of cheerleading, while those progressing from Teeny Tinies and Mighty Minis will take on more challenging skills. This program builds strength, confidence, and technique through stunting, tumbling, jumps, and dance.



*Depends on length of program

REC SESSION DETAILS

<u>Session</u>	<u>Start date (Week of)</u>	<u>End Date (Week of)</u>	<u># of weeks</u>	<u>Registration Opens</u>
Summer	June 2nd	August 18th	12	April 1st @ 10:00AM
Fall	September 5th	December 12th	14	August 1st @ 10:00 AM
Winter	January 5th	March 30th	13	October 1st @ 9:00 AM

RECREATIONAL CAMPS

GET READY FOR A FINCREDIBLE EXPERIENCE!

Ages: 6-12

Our **Recreational Camps** at Cheer Sport Sharks are a fan favorite, known for their high-energy, inclusive, and welcoming atmosphere. Campers spend the day with their age group inside our state-of-the-art cheerleading facility learning the **FUN** in the fundamentals of our sport -stunting, jumping, tumbling, and more!

Beyond cheer, we keep the excitement going with games, arts & crafts, and classic day camp activities, all built around a unique **weekly theme** with specialized daily plans.

- ✓ **FREE early drop-off (8 AM)**
- ✓ **FREE late pick-up (5 PM)**
- ✓ **Half-day & full-day options to fit your schedule**
- ✓ **Half-day camp + tumbling camp combos available** for busy families

FINANCIAL POLICIES

Installment Payment & Late Fee

Installment Payments are processed automatically on the first of each month as scheduled. Account Holders will be notified via Amilia if there are any issues with the payment and should check that payments are processed successfully to avoid late fees. If payments are NOT processed successfully, CSSNL will automatically retry the saved/approved payment methods on the account on day 3, 5 and 7. After the 7 day grace period any outstanding fees will incur a \$25+HST late penalty.

Withdrawal

If you need to withdraw from the class at any time, for any reason you must EMAIL the recreational manager. Email is the ONLY acceptable form of communication for these requests. You should discuss your decision with recreational manager who will be able to discuss your options. Withdrawal requests must be sent at least 10 days' prior to any scheduled payments or the next payment could be processed at the discretion of CSSNL.

Refund Policy

Our policies are different depending on the type of classes you registered for and whether the class is a drop in vs a session or full week Please ensure to always read the full policy when proceeding through registration.

Recreational Camp Cancellation Window	Refund/Credit Options:
Camp Registration date until April 30th 2025	100% refund is available less a \$50 + HST administrative fee.
After April 30 until 15 days prior to start of the camp	100% refund is available less a \$100 + HST administrative fee.
8-14 days prior to start of camp	100% credit is available less a \$100 + HST administrative fee.
Within 7 days of the start of camp	No refunds or credit available.
Notes: Refunds or credits will not be given for any class(es) the athlete is unable to attend in session based activities	

Session Based Programming Cancellation Window	Refund/Credit Options:
15+ Days prior to the start of the session based activity	100% refund or credit is available less a \$25 + HST administrative fee.
Between 8-14 days prior to the start of the session based activity	100% refund or credit to account is available less a \$50 + HST administrative fee.
Less than 7 days prior to the start of the session based activity	100% credit to account is available less a \$50 administrative fee.
After the Start date and up to 40% session completion	Any withdrawals will be processed on a prorated credit only basis. There will be a \$50 administrative fee deducted from any eligible credit.

Notes: Applies to day camps 3+ days long. // Single Day Camps will adhere to the drop in class policy.

Find full Refund Policy [HERE](#)

HOW TO DIVE IN

READY TO REGISTER TO OUR RECREATIONAL PROGRAM?



SUMMER REC Registration



SUMMER CAMP Registration

We know with so many options and opportunities navigating the waters of joining sharks can feel overwhelming, if you have additional questions we are here to help! Find details below on how to connect with us.

EMAIL KRISTA: KRISTA@CHEERSPORTSHARKS.COM



IMPORTANT DATES AND CLOSURES

2025-2026

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Closure : Diva & Staff Training - Nov 9th 2025
Closure : Christmas Break - Dec 20- Jan 2
Gym Reopens - January 3rd 2026
Closure: Easter (Except Worlds teams)- April 3-6th 2026
Last Day of Rec Team Practices - April 5th 2026

****Mandatory Practice and Black-out Dates in Effect**



SEAHAWKS