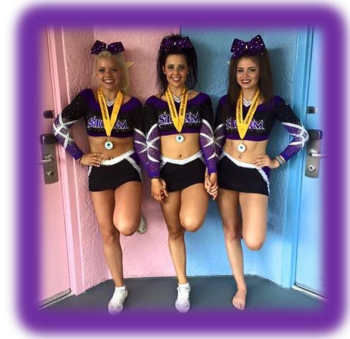




2017-2018 Program Handbook ~Edmonton~



Thank you for considering **Perfect Storm Athletics!** Our program has so much to offer:

- Our teams allow athletes of all ages and abilities to be challenged in a co-operative, positive, and safe family environment.
- Athletes have an opportunity to develop social and emotional skills in respect, trust, leadership, commitment, punctuality, responsibility, independence, and teamwork.
- We have teams for all ages and abilities from beginner through elite.
- A bright, clean training facility with state of the art equipment
- 7 years of exceptional quality and leadership

New families are welcome to stop by our gym any time for a quick tour and to ask any questions you may have. We look forward to meeting you soon!



/perfectstormathletics



@PerfectStormA



perfectstormathletics

www.perfectstormathletics.com



Perfect Storm Athletics is located in West Edmonton at 18536 111 Ave NW.

Our safe, clean, and bright training facility features:

- Over 14,000 square feet of training, office and meeting space with a 28' ceiling
- Largest dedicated all-star cheer facility in Western Canada.
- 2 spring all-star cheer floors (54' x 42' & 42' x 42')
- 2 non-spring floors (30'x42')
- 40' Tumbl Trak
- 60' spring tumbling strip
- Trampoline
- Mirrored walls
- Other training aids include inclines, spotting blocks, stunt blocks, handspring trainers, barrels, pits, wobble boards, and so much more!
- Video recorder and TV for instant reviewing of skills
- Parent viewing area
- Team room / Party room
- Washrooms and change area
- Storm Seller ProShop selling cheer shoes, team gear, practice wear, fan gear and much more!
- Snack Bar
- Free wireless internet
- Plenty of parking
- Tim Hortons in the parking lot

Family Environment

We are so proud of our “Storm family” and strive to create a supportive and caring environment for you and your children. We are also committed to giving back to the community. Our program supports many local charity events through our “Cloud 9” group as well as events at the gym such as our family Halloween party and food bank drives.

Our Mission

The goal of Perfect Storm Athletics is to provide a positive learning environment for athletes of all ages and abilities. We promote excellence in each and every athlete, challenging them to strive to reach their full potential.

All-Star Practice Schedule

TEAM Level & Name	Age (As of Aug 31)	Spring / Summer practice times	Team Camp	Sept - Apr Practice Times
Tiny Sprinkles	5-6	Wed 5:30-6:30pm	Aug 21-23 9am-12pm	Wednesday 5:30-6:30pm Saturday 9:30-11am
Mini 1 Rain	7-8	Wed 6:30-8:00pm	Aug 24-26 9am-2pm	Wednesday 6:30-8pm Saturday 11am-1pm
Mini 2 Hail	7-8	Tues 5:30-7:00pm	Aug 16-18 9am-4pm	Tuesday 5:30-7pm Saturday 1pm-3pm
Youth 1 Freeze	9-11	Mon 6:00-8:00pm	Aug 16-18 9am-4pm	Monday 6-8pm Friday 6-8pm
Youth 1 Frost	9-11	Mon 6:00-8:00pm	Aug 16-18 9am-4pm	Monday 6-8pm Saturday 9-11am
Youth 2 Wildfire	9-11	Wed 6:00-8:00pm	Aug 21-23 9am-4pm	Wednesday 6-8pm Saturday 11am-1pm
Youth 2 Blizzard	9-11	Tues 6:00-8:00pm	Aug 21-23 9am-4pm	Tuesday 6-8pm Saturday 1pm-3pm
Youth 3 Avalanche	8-11	Mon 6:00-8:00pm	Aug 21-23 9am-4pm	Monday 6-8pm Saturday 11am-1pm
Junior 1 Hurricanes	12-14	Tues 6:00-8:00pm	Aug 16-18 9am-4pm	Tuesday 6-8pm Saturday 11am-1pm
Junior 2 Cyclones	12-14	Wed 6:00-8:00pm	Aug 24-26 9am-4pm	Wednesday 6-8pm Friday 6-8pm
Junior 3 Twisters	12-14	Wed 6:00-8:00pm	Aug 27-29 9am-4pm	Wednesday 6-8 Saturday 3-5
Senior 1 Tsunami	15-18	Thurs 6:00-8:00pm	Aug 27-29 9am-4pm	Thursday 6-8pm Sunday 5-7pm
Senior 2 Typhoons	12-18	Mon 6:00-8:00pm	Aug 27-29 9am-4pm	Monday 6-8pm Friday 6-8pm
Senior 3 Ice	15-18	Tues 7:00-9:00pm	Aug 27-29 9am-4pm	Tuesday 7-9 Sunday 5-7pm
Senior 4 Tornadoes	12-18	Tues 6:00-8:00pm	Aug 24-26 9am-4pm	Tuesday 6-8pm Sunday 5-7pm
Open 4 Vortex	17+	Mon 8:00-10:00pm	TBA	Monday 8-10pm Sunday 11am-1pm
Open 6 Lightning	17+	Wed 8:15-10:15pm	TBA	Wednesday 8:15-10:15pm Friday 8-10pm
Coed 6 Inferno	17+	Tues 8:00-10:00pm	Aug 22 & 29 6-11pm, Aug 27 5-9pm	Tuesday 8-10pm Sunday 1-3pm
Coed 5 Thunder	17+	Wed 8:00-10:00pm	Aug 23 6-11pm, Aug 26 1-6, Aug 27 5-9pm	Wednesday 8-10pm Sunday 3-5pm

All-Star Program Fees

Team	Start Up Fee Due June 5	Commitment Fee Due July 4	Cheer Fee per Month (Sept- Apr)	Total Annual Cheer Cost
Tiny	\$375	\$395	\$85	\$1450
Mini 1	\$395	\$380	\$115	\$1695
Mini 2	\$400	\$450	\$115	\$1770
Youth 1	\$395	\$440	\$135	\$1915
Youth 2 & 3	\$445	\$450	\$135	\$1975
Junior 1	\$395	\$440	\$135	\$1915
Junior 2 & 3	\$475	\$475	\$135	\$2030
Junior 4	\$445	\$450	\$135	\$1975
Senior 1	\$395	\$440	\$135	\$1915
Senior 2, 3 & 4	\$445	\$450	\$135	\$1975
Open 4	\$395	\$285	\$90	\$1525
Open 6	\$350	\$355	\$90	\$1425
Open 5 & 6S	\$350	\$300 July 4 + \$280 Aug 1	\$90	\$1650

These fees reflect the cost for the 2017-18 season.

Fees can be paid in full at registration, or in the installments listed above.

Tuition fees are spread out over 8 months and are not indicative of the exact number of training hours per month.

Uniforms:

2017-18 is the first year in a 2-3 year uniform cycle. Tiny through senior teams will have uniform fees charged on August 1. Uniforms are \$350 each and include a bow. Males pay \$325. Open teams pay a \$50 rental fee that is included in their fees listed above.

Team Jackets:

These will be an optional purchase for the 2017-18 season. This is the final year of this jacket style. Jackets are \$120 and will be charged on August 1 to those who order.

All-Star Fees include:

- Practice gear: 1 summer tank, two fall/winter tanks, and 1 team bow
- Professional competition music
- Choreography
- Local competition fees including Red Deer/Calgary events
- Coaching fees and gym fees

All-Star fees do not include:

- Cheerleading shoes (required, approx. \$50-\$130)
- Competition uniform (see above)
- Competition make up (required, approx. \$25)
- Travel fees: Travel will be determined on a team-by-team basis. See below for tentative travel plans. There are many optional fundraising opportunities to assist with fees related to travel and monthly tuition.
- One tumbling class per week from Sept – March at Perfect Storm. Tumbling is a mandatory component of our Level 1 & 2 teams and is recommended for our Level 3-6 teams. Athletes have the option of a weekly tumbling class (max 8 athletes per class) or private/semi-private tumbling lessons offered in packages of 10, 15 and 20 lessons per fall and winter session. Class fees are \$60 per month and private packages range from \$75 to \$150 per month.

Travel

Travel is an important part of our program and is mandatory. Please review our expected travel costs below. If you are unable to afford the mandatory travel, we recommend that you look into our prep program which is still competitive, but with fewer practices and no travel. Please note that competitions in Red Deer & Calgary are not considered “travel”. Please do not book any travel (flights, hotel) until you have received more information from the gym. Parents/families are welcome to attend travel trips but do not have to accompany their children.

The following chart outlines our travel plans for the 2017-18 season. This schedule is subject to change once our teams are chosen.

Team	Location / Dates	Est. Cost
Mini 1 & 2	Lethbridge / Jan 26-28, 2018	TBA
Youth 1, 2, 3	Vancouver, BC / April 6-8, 2018	\$850 incl flight
All Junior & Senior	Anaheim, Ca / March 15-20, 2018	\$1300 incl flight
Open 4	TBA	TBA
Open 5 & 6	Worlds, Orlando / April 2018	\$1400 + flight

Prep Schedule and Fees

TEAM Level / Name	Age	TRAINING (Sept – April)
Tiny Snowflakes	Ages 5-6	Thursdays 5-6:30pm
Tiny Ice Crystals	Ages 5-6	Sundays 1-2:30pm
Tiny Dew Drops	Ages 5-6	Sundays 1-2:30pm
Mini Icicles	Ages 7-8	Thursdays 6:30-8pm
Mini Drizzle	Ages 7-8	Sundays 3:00-4:30pm
Youth Windchill	Ages 9-11	Sundays 11am-1pm
Youth Flurry	Ages 9-11	Sundays 1-3pm
Junior Chill	Ages 12-14	Sundays 3-5pm

	Start up fee due June 5 or at reg if after	Commitment Fee due July 4 or at reg if after	Cheer Fees per Month (Sept- Mar)	Total Annual Cheer Cost
Tiny	\$160	\$150	\$75	\$835
Mini	\$160	\$150	\$75	\$835
Youth	\$160	\$150	\$85	\$905
Junior	\$160	\$150	\$85	\$905

GST is not included in any advertised prices in our handbook or website.

These fees reflect the cost for the 2017-18 season.

Fees can be paid in full at registration, or in the installments listed above.

Tuition fees are spread out over 7 months and are not indicative of the exact number of training hours per month.

Uniforms:

2017-18 is the first year in a 2-3 year uniform cycle. All prep teams will have uniform fees charged on August 1. Uniforms are \$250 each and include a bow. Males pay \$225.

Team Jackets:

These will be an optional purchase for the 2017-18 season. This is the final year of this jacket style. Jackets are \$120 and will be charged on August 1 to those who order.

Prep fees include:

- Practice gear: 1 top to be worn at all practices
- Professional competition music
- Choreography
- Local competition fees
- Coaching fees and gym fees

Prep fees not include:

- Cheerleading shoes (required, approx. \$50-\$130)
- Competition uniform (see above)
- Competition make up (required, approx. \$25)
- Tumbling class fees. Tumbling classes are optional but recommended for prep athletes.

Tumbling Classes

Tumbling skills are very important in cheerleading and as such, we recommend that athletes in our prep cheer program take one tumbling class per week from Sept – March. Classes will be offered for all ages and ability levels during the week and on weekends. Athletes may choose to take a tumbling class before or after cheer practice or on another day. Private and semi-private coaching is also available.



Rec Schedule and Fees

TEAM Level / Name	Age	TRAINING	Fees Fee is per session
Pre-Tiny Mist	Age 3-4	Tuesdays 5-6pm Sept 12- Nov 28. No class Oct. 31.	\$225 11 classes plus 1 performance
Pre-Tiny Droplets	Age 4-5	Saturdays 10am-11am Sept 16 - Dec 2	\$225 11 classes plus 1 performance
Rec White	Ages 5-7	Saturdays 9-10:30am Sept 16 - Dec 2	\$250 12 classes plus 1 performance
Rec Purple	Ages 5-7	Thursdays 5-6:30pm Sept 14 – Dec 14	\$250 12 classes plus 1 performance
Rec Silver	Age 8-12	Saturdays 10:30-12pm Sept 16 - Dec 2	\$250 12 classes plus 1 performance
Rec Black	Age 8-12	Thursdays 6:30-8pm Sept 14 – Dec 14	\$250 12 classes plus 1 performance
Special Needs Rainbows	Ages 6+	Sundays 4-5pm Sept 17- Mar 18 No class Oct 8, Dec 3, 17. Jan 21, Mar 11	\$150 18 classes plus 4 performances
Adult Rec Fog	Ages 18+	Sundays 7-8:30pm Sept 24 – Dec 10. No class Nov 8.	\$165 10 classes plus 1 performance

Rec Fees include:

- Practice/performance t-shirt
- Professional music
- Choreography
- Coaching fees and gym fees

Rec fees do not include:

- Cheerleading shoes (required, approx. \$20-\$130)
- Uniform for Rainbows. This team will have uniform fees charged on August 1. Uniforms are new this season. Cost is \$250 each and include a bow. Males pay \$225.

Performances:

Pre-tiny teams & Rainbows will perform at our gym showcase. Date TBA.

All other rec teams (including Rainbows) will perform at the Inspire competition on Dec 16.

Rainbows will also perform at Cold Snap (Jan 21/22) and True North (Mar 10-12).

GST is not included in any advertised prices in our handbook or website.

Important Information for All Cheer Programs

Attendance

If every athlete were allowed to miss one practice, we could have as many as 32 practices without full team attendance. We cannot do our job as coaches if we are unable to work with the entire team at every practice. When one person misses practice, their entire stunt group is unable to be productive and team pyramids are not possible. **Practices are mandatory for all programs.** Athletes who miss a practice or practices leading up to a competition may be pulled from the routine for that competition and may not be returned to the same position for subsequent competitions.

Injuries

If you incur an injury that prevents you from practicing, you still need to attend your team practices (sitting out on the side and/or doing what you can) to keep up with the routine and learn choreography. If an injury keeps you from participating in practice, Perfect Storm may need a doctor's note clearing you to return before you may be allowed to participate again. Athletes who miss a practice or practices due to injury may be pulled from the routine for the next competition and may not be returned to the same position for any subsequent competitions.

Time Management, Vacations and Appointments

Please manage your school time, as it is your first priority. Cheer is an extra-curricular activity and we insist that you make every effort to keep your grades high. **Time management is expected** and we believe that all athletes are capable of performing well in school, **while still** keeping their commitment to their Perfect Storm team. Although school is the #1 priority, homework/tests and studying are not valid excuses to miss practice and let down your team. School is your top priority, but **don't let down your teammates & coaches because of your lack of time management.** If you cannot manage your time properly to be at every practice, you should not be on a competitive cheer team.

If you/your child chooses to participate in other activities/sports, we require that they make Perfect Storm Athletics **their first priority.** If there is a conflict, it needs to be communicated immediately to the coach(es), in order to come up with a solution. ***If you predict ongoing conflicts, please do not join a cheerleading team.***

Regular Doctor/Dentist Appointments

Regular doctor and dentist appointments must not conflict with the established schedule of practices and competitions. Please book on non-practice days/times.

Family Vacations during the Competition Season

We respectfully request that families do not take holidays during our competitive months of November through mid-April, with the exception of Christmas break and Spring Break.

Athletes and families need to understand that absences may result in being placed in new positions, choreography, stunts and/or formations upon their return. Teams will run practices in the most effective way possible when an athlete is missing, putting the team's needs before the absent athlete's needs.

Routine & Level Changes

Throughout the season coaches will make changes to routines for a variety of reasons. Athletes should expect this and be prepared for their roles within a routine to change. Coaches and management also reserve the right to change a team's competitive division during the season. This includes moving a team up or down a level.

Payment Policy

All families are required to submit a completed pre-authorized payment agreement prior to the start of their program. This form is available on the documents page of our website. Tuition, travel, and other miscellaneous fees are charged to athlete accounts and are payable as per our annual payment schedule. Monthly tuition is due and processed on the first business day of each month. Other items (clothing, snacks, etc) posted to accounts are also generally processed on the first business day of the month. Travel fees are processed according to a schedule sent out to teams once travel plans are confirmed. Late payments and NSF payments are charged \$25 per occurrence and will be posted directly to your account.

We recognize that some families apply for funding through Jumpstart and/or Kidsport. Please note that we require payments on or before deadlines for all programs regardless of when funding is made available from these organizations. If you expect to receive funding it must be applied for in time for Perfect Storm to receive the funds by payment deadlines.

Parents' Association & Fundraising

Perfect Storm Athletics is fortunate to have an amazing parent association that offers 4-6 fundraising opportunities each season. Fundraising is 100% optional and the net proceeds of your fundraising are deposited into your personal account at Perfect Storm to offset the costs of tuition, travel, and other expenses. Fundraisers offered include but are not limited to: cookie dough & cheesecakes, WEM Waterpark night, Purdy's Chocolate. Please note that credits earned from fundraising are not available for use until the parent association has completed their accounting on the fundraiser and transferred the funds to Perfect Storm. This transfer of funds can take up to 6 weeks to process. Visit our website for more information about the Storm Cheer & Dance Society.

GYM CLOSURE DATES

There will be no regular practices or classes on the following days:

June 26 - July 17

August 30 - September 4

October 6-8 – Thanksgiving (We are open on Monday, October 9)

December 22 – January 4

February 16-18 – Family Day weekend (We are open on Family Day – Feb 19)

March 23-April 2 – Spring Break/Easter. Teams travelling to Sea to Sky will have practice on Easter weekend. (Fri/Sat)

Frequently Asked Questions

Q: Can I be on a competitive team if I have no cheer or tumbling experience?

A: In most cases, yes. As long as we do not have more athletes at placement than we have positions for, all athletes will be placed on either an all-star or prep team. If we have more athletes than positions, or if an athlete requires additional time to work on his or her skills, some athletes may be recommended for a recreational team.

Q: If I don't make the team I want in the spring can I move up later?

A: Maybe. If an athlete achieves new skills during the summer and there is a space and a need on a higher level team, we will consider moving the athlete up. Consequently, if an athlete is chosen for a higher level team and cannot perform the necessary skills or loses skills, he or she may be moved down a level.

Q: Can I be on an older team even if my age doesn't fit within the ones listed?

A: We strive to have well balanced teams in regards to both age and ability. If there is a team for your skills at your age division you will not be moved to the next division unless the coaches determine that a specific spot needs to be filled. Athletes should experience what it is like to be the youngest and the oldest on a team for a well-rounded experience.

Q: Why is there summer training for all-star teams?

A: Taking the entire summer off can have a negative impact on athlete's skills especially at the higher levels. Tumbling skills that are not practiced on a regular basis are often "lost" and skill level regresses. Summer is also an important time to build new skills and bond with your team. Summer training is only once a week and we do not practice weekends with the exception of some team camps that take place in mid to late August. Athletes have June 28 to July 17 off as well as August 29 to Sept 5.

Q: Can I still be on a team if I'm not able to come to any spring/summer practices?

A: Summer training is important as it is a time to build skills and bond as a team. We understand that families will take vacations but expect athletes to be at the majority of practices. There are no team practices June 26-July 17 so we encourage families to take vacations during this time. We are also running mandatory team training camps as listed on page 5. If you cannot attend summer practices (June-August) and/or summer training camp you must notify us at placement or try-outs.

Q: Can I be on more than one team?

A: This is called being a "crossover" and requires special permission from the gym management. If you would like to be a crossover please speak with Dianne or Leanne. Please consider practice days and times, and travel. Crossovers pay 50% off of their lower priced fees.

Q: How can I apply for funding?

A: Families that are low income, unemployed, on AISH, currently receiving income support through provincial government are all considered eligible for funding from Kidsport and Jumpstart. For the 2017/18 cheer season, please register for your desired Perfect Storm Athletics program via phone or in-person, and then complete your portions of the KidSport Application Form or Jumpstart Application online. If your application is approved, we will directly receive your funding cheque and apply it to your fees owing. We must receive your funding or alternate payment method before the first class or your child will not be permitted to participate. For this reason, please register and apply early.

<http://www.kidsportcanada.ca/alberta/apply-for-assistance/>

<http://jumpstart.canadiantire.ca/en.html#apply>

Q: Do you offer a family discount?

A: Yes! Cheerleading is a great sport for the entire family! As a special offer for families with two or more competitive cheer athletes (prep & all-star) we are pleased to offer 10% off both monthly cheer & monthly tumbling class tuitions for each additional child.

Q: What is your refund policy?**All-Star Cheerleading Refunds & Withdrawals**

- Start up fee due June 5. 50% refund until June 30. After June 30, no refund.
- Commitment fee due July 4. 50% refund until Aug 15. After Aug 15, no refund.
- Uniform & Jacket due Aug 1. No refund unless we can use for another athlete.
- Monthly tuition (due on 1st business day of each month) – no refund once it has been paid.
- In general, if an athlete is injured short term and will be out less than 30 days, there is no compensation on tuition. If an athlete is injured and will be out for over 30 days, monthly tuition will not be charged beyond the first 30 days. All injuries will be dealt with on an individual basis.

Prep Cheerleading Refunds & Withdrawals

- Start up fee due June 5. 50% refund until Sept 11. After Sept 11, no refund.
- Commitment fee due July 4. 50% refund until Sept 11. After Sept 11, no refund.
- Uniform & Jacket due Aug 2. No refund unless we can use for another athlete.
- Monthly tuition (due on 1st business day of each month) – no refund once it has been paid.

Recreational Program Refunds & Withdrawals

- More than 30 days prior to first class: Fee refunded minus a 15% cancellation fee.
- 15-30 days prior to first class: Fee refunded minus a 30% cancellation fee.
 - Uniform Less than 15 days prior to first class and up to start of second class: Fee refunded minus a 50% cancellation fee. After the start of 2nd class there is no refund.

GST is not included in any advertised prices in our handbook or website.



2017-18 Performance & Competition Schedule

*This schedule subject to change.

	<u>Purple Reign</u> Edmonton TBA	<u>Inspire</u> Edm Expo Centre Sat Dec 16	<u>Cold Snap</u> Edm Expo Centre Jan 20-21	<u>Imagine</u> Lethbridge Jan 27	<u>Battle of Champs</u> Calgary Feb 3 & 4	<u>Red Deer Cheer</u> Red Deer Feb 24	<u>True North</u> Edm Mar 10-12	<u>USA Nationals</u> Anaheim, CA March 15-20 2018	<u>Sea to Sky</u> Vancouver April 6-8	<u>All Star Cheer Extr</u> Edm April 20-21	<u>Worlds</u> Orlando April 26-30
Tiny Sprinkles	✓	✓	✓			✓	✓			✓	
Mini 1 Rain	✓	✓	✓	✓		✓	✓			✓	
Mini 2 Hail	✓	✓	✓	✓		✓	✓			✓	
Youth 1 Frost	✓	✓	✓			✓	✓		✓	✓	
Youth 1 Freeze	✓	✓	✓			✓	✓		✓	✓	
Youth 2 Wildfire & Blizzard	✓	✓	✓			✓	✓		✓	✓	
Youth 3 Avalanche	✓	✓	✓			✓	✓		✓	✓	
Junior 1 Hurricanes	✓	✓	✓			✓	✓	✓		✓	
Junior 2 Cyclones	✓	✓	✓		✓		✓		✓*	✓	
Junior 3 Twisters	✓	✓	✓		✓		✓	✓		✓	
Senior 1 Tsunami	✓	✓	✓			✓	✓	✓		✓	
Senior 2 Typhoons	✓	✓	✓			✓	✓	✓		✓	
Senior 3 Ice	✓	✓	✓			✓	✓	✓		✓	
Senior 4 Tornadoes	✓	✓	✓			✓	✓	✓		✓	
Open 4 Vortex	✓	✓	✓		✓		✓			✓	
Open 5 Thunder	✓	✓	✓		✓		✓				✓
Open 6 Inferno	✓	✓	✓		✓		✓				✓
Open 6 Lightning	✓	✓	✓		✓		✓				✓
Tiny Prep	✓	✓	✓				✓				
Mini Prep	✓	✓	✓				✓				
Youth Prep	✓	✓	✓				✓				
Junior Prep	✓	✓	✓				✓				
Senior Prep	✓	✓	✓				✓				
Rainbows	✓	✓	✓				✓				
Pre-Tiny	✓										
Rec White, Black, Purple, Silver, Fog		✓									

*Cyclones will be trying for a Summit bid in Calgary. If successful, they will travel to Orlando May 4-6. If not, they will attend Sea to Sky in Vancouver.

Gym Rules

1. Use of the equipment (including trampoline, Tumbl Trak, climbing ropes, blocks, etc) is strictly forbidden without the proper supervision of a qualified Perfect Storm Athletics coach.
2. The Supervising Coach is in charge. The Supervising Coach has the authority to refuse or expel anyone from the gym.
3. Horseplay, rude behavior, shouting, swearing and bullying is not tolerated.
4. Open Gym is for ages 7 and up. Participants need to be able to train safely and independently without parental guidance.
5. Parents, family members and visitors are not allowed past the "purple line" in the parent viewing area unless with the advanced permission / direction of a gym owner or Supervising Coach.
6. All accidents/incidents must be immediately reported to the Supervising Coach or gym owner.
7. All equipment must be returned to its original place by the user.
8. One person at a time on the trampoline.
9. No flips or head-first or prone entries into the pit (no head or prone falls). Feet-first only.
10. Any skill which is unfamiliar to a participant must not be performed without supervision by a certified coach.
11. There shall be no spotting of skills unless done so by a coach certified at the level of the skill(s).
12. The gym is an indoor shoes only facility. Athletes/participants, parents & visitors are all required to take their footwear off upon entering the facilities & place them on the boot-racks in the lobby. Appropriate indoor gym shoes only are allowed in the gym.
13. Smoking, drugs, and alcohol are strictly prohibited. Anyone appearing to be under the influence will be immediately removed from the gym.
14. Jewelry and piercings of any kind are not allowed in cheer team practices or classes. Wearing of any piercing at open gym is done so at the sole risk of the Participant.
15. Long hair must be tied back.
16. No jeans or ripped pieces of clothing allowed while participating in activities.
17. No gum, candy, food or drink (except water) allowed past the viewing area.
18. When and if required, the Supervising Coach will implement the Emergency policy and procedures.
19. No loose objects or equipment (balls, hoops, etc.) allowed on trampoline.
20. Proper equipment set-up and safety mats must be in place at all times for all skills at all levels.
21. Perfect Storm Athletics has a nut allergy alert in effect. Nut products are not allowed.
22. Perfect Storm Athletics is not responsible for lost or stolen property. Look for lost items in our Lost & Found bin, located in the parent viewing area. Valuables should be left at home.

23. Bullying, Harassment and Sexual Misconduct: Perfect Storm Athletics prides itself in creating a positive and safe environment for all athletes and treats all incidents relating to behaviour of this nature very seriously. We encourage all athletes and families to speak with gym management immediately upon experiencing any behaviour by an athlete, coach or other family member that may be construed as bullying, harassment or sexual misconduct. We will investigate in a sensitive and confidential manner, respectful for all concerned.
24. No athletes or parents will post any negative comments related to Perfect Storm Athletics or any other team/gym on any social media. This includes the posting of photos or videos that may reflect poorly on the individual, team, or gym.
25. The Perfect Storm logo, gym name, or team names may not be used in the production and/or sale of any merchandise.
26. Inability or refusal to follow these and other coach directives and rules will result in immediate expulsion from the gym.

A waiver must be completed before anyone is allowed to participate in any activity at Perfect Storm Athletics. The waiver form is an on-line form and can be found on our website at www.perfectstormathletics.com.