



2025-2026 REGISTRATION PACKAGE

CheerStrike
Royals



This is Us

CheerStrike Royals



TWELVE SEASONS OF BUILDING CHARACTER & CREATING CHAMPIONS

CheerStrike has become a reality for three enthusiastic women who share a love for cheerleading and have spent years nurturing young athletes. Jill, Deb, and Michelle started coaching together at Catholic Central High School (CCH) back in 2007. Their coaching collaboration at CCH laid the foundation for what is now the thriving CheerStrike Royals gym, which stands as the biggest competitive cheer program in London Ontario. We cannot wait to embark on our 13th Season as the Royal Family of cheer.

In 2013, we established CheerStrike and have been delighted to witness the growth of our Royal Family. As mothers with young families, we empathize with the challenges of family life, and are dedicated to providing exceptional choices for every family and athlete that enters CheerStrike.

As CheerStrike enters its 13th Season, we look back on the many achievements of Season 12. During that season, the Royal family travelled to Florida with two teams to attend the UCA Championships. We broke records for Gold Medal wins at both the CE Ontario and National Championships. Our prep teams swept their divisions all season long while also winning many prep Judge's Choice Awards. We had our most teams ever invited to the Canadian Finals, with six teams taking the Finals floor in all four divisions. We not only won our first ever Finals Title, winning the Level 4 Division, Legacy was also named overall Champion of all of Finals - the most prestigious award to win in Canada in levels 1-4 cheer. Season 12 continued to see growth in our Cheer Abilities team, Dynasty, as they competed throughout the Season. We are eager to build on these accomplishments and create more CheerStrike history and magic in our 13th Season.

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Our Staff



The CheerStrike Staff is a formidable group. Comprising well-trained, experienced, and committed strong women, they are passionate about nurturing the growth of children and teenagers in their beloved sport of cheerleading. All CheerStrike staff are OCF professional members and complete annual safety and skill training. With a team of over 25 members dedicated to serving clients, we provide a wide range of classes, private lessons, and teams, all delivered with the athletes' well-being at the forefront of our focus.

Our Mission

The CheerStrike Royals competitive cheer program is dedicated to building well rounded athletes through an environment of positive energy, self-motivation, and hard work. We believe that each individual's success contributes to the success of the team. Our goal is to instill the life lessons of persistence, responsibility, and dedication into each athlete, which will benefit them both on and off the cheer floor in life. We focus on perfecting competitive cheer skills, with the understanding that self confidence is at the core of every athlete's ability to shine.



Our Facility

We have the largest cheer facility in London Ontario, offering many features: A separate, enclosed parent viewing mezzanine equipped with heat, air conditioning and video streaming of the gym. A spacious lobby with a front desk, ProShop area and additional video streaming of the gym. A large athlete change room complete with a dedicated athlete washroom. THREE full competition sized sprung floors equipped with separate sound systems. Separate areas for classes and tumbling lessons featuring sprung floor sections, two 30 foot tumble tracks & various other tumbling aids. In season 10 we added the CheerStrike Courtyard to our practice space. It is located in the same building, but with its own entrance. It features air conditioning in the practice space, parent viewing, more parking and it is jam packed full of state of the art equipment to help our athletes train safely towards their cheer and tumbling goals.



The StrikeZone



The Palace



The Courtyard



Pre-Competitive Cheer at CheerStrike

Learn the sport of cheer:
without the competitions.

Program Components

Our Pre-Competitive Program acts as a connection between our well-liked Recreational and Competitive Programs. These teams cater to families seeking more than what Recreational sessions provide but are not prepared to join a competitive team. The Pre-Competitive Program offers skill development and social advantages similar to a full-year team experience, minus the travel and additional demands that come with competitive cheerleading. Sapphire, Emerald and Knights will showcase a routine at the CheerStrike end-of-year Showcase, tentatively booked for March 28th.

Practice Schedule

Full Year Pre-Competitive Team Schedule

Practice Schedule: September 7 2025–March 28 2026

*practice schedules are subject to change

Sapphire
Ages 5-8

Emerald
Ages 9-12

Saturday
10:00–11:00am

Saturday
11:00–12:00pm



Half Year Pre-Competitive Team Schedule

Practice Schedule: January 4 2025 –March 28 2026

*practice schedules are subject to change

Knights

Friday
5:15–6:45pm

Half Year CheerStrike Knights is for 7+ aged children



Season 13 Fees

*all fees are plus HST

Regency Sapphire & Emerald:

Knights:

Pay in Full by
Sept. 1

Three
Payments

7 Monthly
Payments

Pay in Full
Jan 1 2025

Two Payments
Feb. 1 & Mar. 1

\$935

\$467 on Sept 1
\$245 on Dec 1
\$245 on Mar 1

\$226 1st month
\$138 all other
months

\$590

\$305

*fees include a practice shirt and hair accessory for Showcase



Novice Cheer at CheerStrike

Beginner Cheer:
competition without ranking.

Practice Schedule

Practice Schedules are subject to change.

***Summer:**

***Regular Season:**

U6 Twinkles	Monday 5:15-6:15pm	Saturday 9:00-10:00am
U6 Tiaras	Tuesday 5:30-6:30pm	Sunday 9:00-10:00am
U8 Enchanted	Monday 5:15-6:45pm	Monday 5:15-6:45pm
U12 Glory	Monday 6:45-8:15pm	Monday 6:45-8:15pm

*Jun 2-Aug 29

*Sep 7-Apr 20



Competition Schedule

Feel the Power	CE Ontarios	OCF Provincials	Showcase
*Brampton, Ontario	*Kitchener, Ontario	*Brampton, Ontario	London, Ontario
*January 24 or 25 2026	*February 13-15 2026	*March 6-8 2026	*March 28 2026

*Information is subject to change, we will inform you of changes as early as possible.

Season 13 Fees

*all fees are plus HST

	Pay in Full on or before May 30th	Pay in Full after May 30th	Three Payments	11 Monthly Payments
Twinkles & Tiaras	\$1605	\$1685	\$853 on June 1 \$426 on Oct 1 \$426 on Jan 1	\$246 on Jun 1 \$156 on the 1st of each month after
Enchanted & Glory	\$1781	\$1870	\$945 on June 1 \$473 on Oct 1 \$473 on Jan 1	\$272 on Jun 1 \$172 on the 1st of each month after



Novice Season 13 At-A-Glance

JUNE

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29	30					

JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
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Novice Season 13 At-A-Glance

DECEMBER

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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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JANUARY

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
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FEBRUARY

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15	16	17	18	19	20	21
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MARCH

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29	30	31				

APRIL

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12	13	14	15	16	17	18
19	Season Ends 20	21	22	23	24	25
26	27	28	29	30		

	Choreography Camp
	Gym closed
	Black Out Dates See explanation below
	Gym closed for competition or showcase

Black Out Dates - any practice missed during these dates could result in an athlete missing the upcoming competition or their role being changed in the routine.



Prep Cheer at CheerStrike

Intermediate Cheer:
competition with ranking.

Practice Schedule

*Schedule is subject to change.

*Summer:

*Regular Season:

U6 Royal Highness Prep Level 1	Tuesday 5:30-6:30pm	Tues 5:30-6:30pm Sun 12-1:30pm
U8 Divinity Prep Level 1	Tuesday 5:15-6:45pm	Tues 5:15-6:45pm Sun 9:00-10:30am
U12 Aristocrats Prep Level 1	Monday 5:30-7:00pm	Mon 5:30-7:00pm Fri 6:45-8:15pm
U12 Majestic Small Prep Level 1	Tuesday 6:30-8:00pm	Tues 6:30-8:00pm Sun 2:00-3:30pm
U12 Eminence Prep Level 2	Tuesday 5:15-7:00pm	Tue 5:15-7:00pm Sun 5:30-7:15pm
U16 Regal Prep Level 1	Monday 7:00-8:30pm	Mon 7:00-8:30pm Fri 5:15-6:45pm

Jun 2 - Aug 29

*Sep 7-Apr 20



Competition Schedule

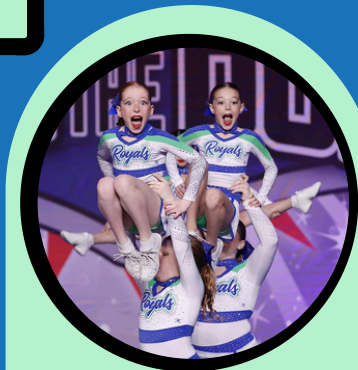
CE Fall Classic	CFTC	Feel the Power
*Brampton, Ontario	*Oshawa, Ontario	*Brampton, Ontario
*Nov. 8 2025	*Dec. 6 or 7 2025	*Jan. 24 or 25 2026
CE Ontario's	Battle at the Border	OCF Provincials
*Kitchener, Ontario	*Niagara Falls, Ontario	*Brampton, Ontario
*Feb. 13 - 15 2026	*Feb. 21 2026	*Mar. 6 - 8 2026
CE Nationals	CSR Showcase	
*Mississauga, Ontario	London, Ontario	
*Apr. 10-13 2026	*March 28 2026	

*Information is subject to change, we will inform you of changes as early as possible.

Season 13 Fees

all fees are plus HST

	Pay in Full on or before May 30th	Pay in Full after May 30th	Three Payments	11 Monthly Payments
Royal Highness	\$2626	\$2757	\$1388 on Jun 1 \$695 on Oct 1 \$695 on Jan 1	\$393 on Jun 1 \$249 on the 1st of each month after
Divinity, Aristocrats, Majestic & Regal	\$2797	\$2937	\$1479 on Jun 1 \$739 on Oct 1 \$739 on Jan 1	\$417 on Jun 1 \$264 on the 1st of each month after
Eminence	\$2890	\$3035	\$1528 on Jun 1 \$764 on Oct 1 \$764 on Jan 1	\$430 on Jun 1 \$273 on the 1st of each month after





Elite Cheer at CheerStrike

Advanced Cheer:
compete against the best.

Practice Schedule

*Schedule is subject to change. *Summer: *Regular Season:

U8 Queen Bees Level 1	Wed 5:15-6:45pm	Wed 5:15-6:45pm Sun 9:15-10:45am
U8 Monarchs Small Level 1	Thurs 5:15-6:45pm	Thurs 5:15-6:45pm Sun 10:30-12:00pm
U12 Imperial Level 1	Wed 5:15-7:15pm	Wed 5:30-7:15pm Sun 3:30-5:15pm
U12 Radiance Small Level 1	Wed 6:30-8:30pm	Wed 6:30-8:30pm Sun 12:15-1:45pm
U12 Reign Level 2	Thurs 5:15-7:15pm	Thurs 5:15-7:15pm Sun 10:15-12:15pm
U12 Heiress Level 3	Thurs 7:00-9:00pm	Thurs 7:00-9:00pm Sun 4:45-6:45pm
U16 Empire Level 1	Tues 7:15-9:15pm	Tues 7:15-9:00pm Sun 5:00-6:45pm
U16 Brilliant NT Level 2	Thurs 7:15-8:45pm	Thurs 7:15-8:45pm Sun 3:45-5:15pm
U16 Allegiance Level 2	Thurs 5:15-7:15pm	Thurs 5:15-7:15pm Sun 10:00-12:00pm
U16 Nobility Level 3	Tues 5:15-7:15pm	Tues 5:15-7:15pm Sun 12:00-2:00pm
U18 Sovereignty Level 3	Wed 7:15-9:15pm	Wed 7:15-9:15pm Sun 1:45-3:45pm
Legacy Level 4	Tues 7:00-9:00pm	Tues 7:00-9:00pm Sun 3:45-5:45pm
Open Valour NT Level 3	Mon 7:15-9:15pm	Mon 7:15-9:15pm 1 Sunday a month

Jun 2-Aug 29 *Sep 7-Apr 20
Monarchs, Queen Bees, Brilliant

Imperial, Radiance
& Empire

Reign, Heiress, Allegiance,
Nobility, Sovereignty & Legacy

Valour

Competition Schedule

Fall Classic	CFTC	*Feel the Power
*Brampton, Ontario	*Oshawa, Ontario	*Brampton, Ontario
*Nov. 8 2025	*Dec 6 or 7 2025	*Jan. 24-25 2026
*CE Ontarios	BATB & Showdown	*OCF Provincials
*Kitchener, Ontario	*Niagara Falls, Ontario	*Brampton, Ontario
*Feb. 13-15 2026	*Feb. 21-22 2026	*Mar. 6-8 th 2026
Showcase	CE Nationals	*Valour will attend, Feel the Power, CE Ontarios, OCF Provincials, CE Nationals
London, Ontario	*Mississauga, Ontario	
*Mar. 28 2026	*Apr. 10-13 2026	

*Information is subject to change, we will inform you of changes as early as possible.

Season 13 Fees

all fees are plus HST

Pay in Full on or before May 30th	Pay in Full after May 30th	Three Payments	11 Monthly Payments
\$3067	\$3220	\$1620 on Jun 1 \$810 on Oct 1 \$810 on Jan 1	\$455 on Jun 1 \$289 on the 1st of each month after
\$3155	\$3312	\$1666 on Jun 1 \$833 on Oct 1 \$833 on Jan 1	\$462 on Jun 1 \$297 on the 1st of each month after
\$3250	\$3412	\$1711 on Jun 1 \$855 on Oct 1 \$855 on Jan 1	\$472 on Jun 1 \$305 on the 1st of each month after
\$1795	\$1885	\$952 on Jun 1 \$477 on Oct 1 \$477 on Jan 1	\$273 on Jun 1 \$174 on the 1st of each month after



Prep & Elite Season 13 At-A-Glance

JUNE

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29	30					

JULY

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27	28	29	30	31		

AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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23	24	25	26	27	28	29	
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Prep & Elite Season 13 At-A-Glance

DECEMBER

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7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31				

JANUARY

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18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

FEBRUARY

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15	16	17	18	19	20	21	
22	23	24	25	26	27	28	

MARCH

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8	9	10	11	12	13	14	
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22	23	24	25	26	27	28	
29	30	31					

APRIL

Sunday April 5th practices rescheduled to MONDAY APRIL 6th

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12	13	14	15	16	17	18	
19	End of Season 20	21	22	23	24	25	
26	27	28	29	30			

	Choreography & Tech Clinics
	Gym closed
	Black Out Dates See explanation below
	Gym closed for competition or showcase

Black Out Dates - any practice missed during these dates could result in an athlete missing the upcoming competition or their role being changed in the routine.

Competitive Levels at CheerStrike

Explained



Novice



Tumbling

Basic Skills.
No experience required.

Stunts

U6 - no stunting off the ground
U8-U12 - beginner stunts below or at prep level

Choreography

Slower pace.
Basic motions
Simple formations
1.5 min routine

Performance

No experience needed.
Beginner performance skills introduced.



Prep Levels 1 & 2



Tumbling

Intermediate Skills.
Skills still require consistency and technique improvement.

Stunts

Intermediate Stunting Skills & Experience:
Moderate strength, speed & consistency

Choreography

Intermediate pace
Complex motions
Variety of formations
2 min routine

Performance

Some experience suggested.
Ability to engage the crowd while performing routine.



Elite



Tumbling

Advanced Skills in each level:
All skills must be consistent and technically correct.

Stunts

Advanced Stunting Skills & Experience:
Elite strength, speed & consistency

Choreography

Fast pace.
Elite motions
High variety of complex formations
2.5 min routine

Performance

Experience required.
Expert ability to engage the crowd while performing routine.

Levels 1 - 2 - 3 - 4 - 5 - 6

IASF Age Grid 2025-2026

Division	Age/Birth Years
U 6 Novice	3 - 6 yrs old 2019 - 2022
U 6 Prep	5 - 6 yrs old 2019 - 2020
U 8 Divisions	5 - 8 yrs old 2017 - 2021
U 12 Divisions	8 - 12 yrs old 2013 - 2018
U 16 Divisions	12 - 16 yrs old 2009 - 2014
U 18 Divisions	14 - 18 yrs old 2007 - 2012
Open Division	2010 or earlier





Season 13 Worlds Teams

Virtue & ValiaNT

What:

CheerStrike will be bringing Virtue back and introducing ValiaNT for Season 13 in hopes of winning bids to the Cheerleading Worlds In April 2026 taking place in Orlando Florida.

Who:

- Athletes born in 2012 or earlier
- Athletes with elite Level 4+ and higher experience and skills (stunting and/or tumbling)

Practice:

Virtue		ValiaNT	
MONDAY tumbling	June 2 - Aug 29 6:30-8:00pm Sept 7 - April 21 7:30-9:00pm	THURSDAY stunting	June 2 - Aug 29 6:00-7:00pm
TUESDAY		WEDNESDAY	June 2 - April 20 7:15-9:15pm
THURSDAY	June 2 - April 20 7:15-9:15pm	SUNDAY	Sept 7 - April 20 1:45-3:45pm
SUNDAY	Sept 7 - April 20 12:00-2:00pm		



Competitions:

Virtue and ValiaNT will attend all competitions that our other All-Star teams attend, EXCEPT BATB and Showdown.

World's teams will compete on Friday December 5 & 6 2026 of CFTC.

The Cheerleading Worlds - April 24-27 2026

*dependent on earning a big to Worlds

*athletes will need to be there by Thursday April 23 2026

Worlds Camp:

FRIDAY APRIL 17-SUNDAY APRIL 19 2026



Virtue Fees: All pricing is subject to HST

Pay in Full on or Before May 30	Pay in Full After May 30	3 Payments	Pay Monthly
\$3587	\$3766	\$1893 1st \$947 2nd/3rd	\$526 1st month \$336 monthly

ValiaNT Fees: All pricing is subject to HST

Pay in Full on or Before May 30	Pay in Full After May 30	3 Payments	Pay Monthly
\$3246	\$3408	\$1714 1st \$857 2nd/3rd	\$480 1st month \$305 monthly

All travel and competition registration fees pertaining to Worlds will be separate from the above fees. World's fees (*estimated at \$549 +tax) will be payable once a bid is obtained. We will provide more details as they become available.

*fee subject to change based on exchange rate





Season 13 Travel Teams

Honour & Prestige

What:

CheerStrike Honour and Prestige offer an exciting and unique team experience for highly motivated and dedicated athletes. Honour and Prestige will compete at UCA Nationals in March of 2026 in Orlando Florida.



Who:

- Athletes born between the years 2007-2018
- Athletes with elite Level 1 and higher experience and skills
- Athletes registered on a Season 13 CheerStrike Elite or Prep L2 team

When:

- Tryout & Call Back June 8 (6-8pm) & June 22 (6-8pm)
- Practices run July-March
- Honour Practices will be **Mondays 5:15-7:15pm**
- Prestige Practices will be **Wednesdays 5:15-7:15pm**
- practice times may be subject to change

Competitions:

OCF Provincials- March 6-8 2026

UCA Nationals - March 14/15 2026 in Orlando Florida *athletes will need to be in Florida by Thurs. March 12th 2026

CheerStrike Showcase - tentatively March 28th 2026

Fees:

All pricing is subject to HST

Pay in Full	2 Payments	Pay Monthly July - March
\$1399	each for \$710	\$169

All UCA registration fees, travel expenses and other UCA related expenses are NOT included in these fees

Parent Meeting:

We will be holding a mandatory parent meeting at the first practices.

Athlete Testimonial:

Competing at ESPN was unforgettable—an incredible experience of teamwork, support, and lasting memories. Practicing on the football field and meeting cheerleaders from around the world was thrilling. From the excitement of the competition to the joy of Disney, every moment was filled with magic and lasting memories.

Maria

Going to UCA in Florida with Prestige was honestly one of the best experiences of my life! We got to compete at the ESPN Wide World of Sports, which felt so big and exciting. Our team even got special matching outfits just for the trip. We practiced hard, supported each other, and gave it everything on the mat! I am so proud of what we accomplished together. Being on the travel team gave me so much confidence and showed me the international stage of cheer. I'll never forget the memories our team and coaches made that week!

Parent Testimonial:

Our daughter participated on the UCA travel team this past cheer season and we cannot say enough about how fun and rewarding the experience was for her! The program was very well organized and she greatly enjoyed being part of this cheer travel experience. This experience has helped her to gain confidence and skills in competing on an international level. We would not hesitate to do it again! The training and organization at this gym is top notch and they ensure the wellbeing and safety of their athletes in an amazingly fun and skilled environment! Prestige Mom





Season 13 Gym Closures

July

NEW Summer Shutdown #1

Monday June 29 - Friday July 4 2025

August

Summer Shutdown #2

Monday August 4 - Friday August 8 2025

September

School Start

Monday September 1 - Friday September 5 2025

October

Thanksgiving

Sunday October 12 - Monday October 13 2025

Halloween

Friday October 31 2024

November

Fall Classic

Saturday November 8 2024

December

Cheer for the Cure

Saturday December 6 - Sunday December 7 2025

Winter Break

Saturday December 20 2025 - Friday January 2 2026

January

Feel the Power

Saturday January 24 - Sunday January 25 2026

February

CE Ontarios

Friday February 13 - Sunday February 15 2026

BATB / Showdown

Saturday February 21 - Sunday February 22 2026

March

OCF Provincials

Friday March 6 - Sunday March 8 2026

Spring Break

Friday March 13 - Friday March 20 2026

CSR Showcase

Saturday March 28 *tentative

April

Easter

Friday April 3 2026 - Sunday April 5 2026

*Sunday practices will run on Monday April 6

CE Nationals

Friday April 10 - Monday April 13 2026

*Thursday practices will be rescheduled to earlier in this week



Attendance Requirements

Your understanding of, and compliance with, our program's attendance requirements are essential to the success of our teams.

Before registering for a Season 13 competitive team, please REVIEW ALL THE FOLLOWING INFORMATION.

If you do not agree with our requirements, or believe your family cannot reasonably fulfill these requirements due to other priorities or scheduling, we encourage you to register for one of our many non-competitive programs at CheerStrike instead of a competitive team.

- All competitive (Novice, Prep and All Star) practices are MANDATORY from June 2025 until the end of April 2026.
- You must provide coaches with advanced notice of any summer vacations that will result in missed summer practices.
- All competitions are MANDATORY.
- Acceptable reasons to miss a practice are as follows: sickness (gastro), and other mandatory (non-elective) events.
- Athletes who are injured or ill (other than contagious gastro illness) are expected to attend practices to continue learning even when participation is limited.
- We suggest booking all vacations during gym closures to avoid missing mandatory practices. To be clear: vacations are not an acceptable reason to miss practice - we have closures to allow for vacations.
- Any absence during the season may result in an athlete's position or role on the team changing, at the discretion of the coach.
- Unlike other sports, every team member plays a vital role on his or her team; therefore attendance is necessary for our teams in order for every practice to be useful preparation.
- We feel these high standards for attendance teaches our athletes to be reliable, accountable and how to make sacrifices for the benefit of all.
- No one is entitled to be on a competitive team, nor to ignore our expectations.
- Parents who are caught lying to gym management in order for their child to miss practice run the risk of having their child removed from their team.

Attendance Policy Repercussions

All Novice, Prep and Elite practices are mandatory.

If any athlete...

- (i) has irregular attendance patterns throughout the season,
 - (ii) cannot participate fully in practice close to the date of a competition, or
 - (iii) is absent from practices close to the date of a competition for voluntary reasons,
- ...the following consequences may apply:

- (i) an athlete's position in a routine/base group can be changed or
- (ii) an athlete not participating in the affected competition, with no refund for reg fees

Note that these consequences will not be tied to a particular date, and the decision will be at the discretion of the coach, based on the circumstances and needs of each particular team.



CheerStrike Key Policies



General Gym Policies



Brand Protection & Merchandise Use

Our brand identity is a core part of our gym's reputation and integrity. As such, the use of our logos, gym name(s), team names, or any other proprietary branding is strictly prohibited for the creation of custom clothing or merchandise, whether for personal use or resale.



Code of Conduct

All athletes, parents, family members, and supporters are expected to conduct themselves in a respectful and sportsmanlike manner at all times—whether in person or on virtual platforms. Disrespectful, disruptive, or inappropriate behaviour toward staff, coaches, judges, athletes, teammates, or other families will result in immediate removal from the program with no refund.



Nut-Free Facility

To protect athletes with severe allergies, absolutely no peanut or tree nut products are permitted inside the facility at any time. We appreciate your cooperation in helping us maintain a safe environment for all.



Personal Belongings & Lost Items

Athletes may use the designated change room to store personal items during practices; however, this is done at their own risk. CheerStrike is not responsible for any lost, stolen, or damaged items. Please do not bring valuables into the facility. Items left behind will be placed in the Lost & Found and donated on a quarterly basis.



Athlete Attire Policy

In alignment with IASF image guidelines, CheerStrike requires athletes to wear full-length tops at all practices, classes, private lessons, and competitions. Intentional midriff exposure is not permitted during any CheerStrike event. All female athletes must wear a sports bra or form-fitting undershirt under loose-fitting tops (e.g., practice t-shirts).



Photography & Videography Policy

To protect the privacy and safety of all athletes, photography and videography are strictly prohibited during practices, classes, clinics, and private lessons unless express permission has been granted by the head coach. Anyone found recording without permission will lose access to the designated parent viewing area.



Athlete Policies



Representation & Conduct

Athletes are expected to uphold the values and positive image of CheerStrike Royals Inc. at all times—within the gym, at competitions/events, and on all social media platforms. Conduct should reflect integrity, respect, and sportsmanship both in and out of uniform.



Behaviour in CheerStrike Attire

When wearing any CheerStrike Royals uniform or branded apparel, athletes are representing our program and must conduct themselves in a manner consistent with gym expectations.



Respect for Facility & Equipment

Athletes must treat all areas of the facility with care and respect. This includes cleaning up after themselves and using gym equipment and fixtures appropriately and responsibly.



Food & Drink Policy

No food or beverages, other than water, are allowed in the practice area at any time.



Practice Attendance & Preparedness

Athletes are required to remain in the gym area for the full duration of practices. All necessary items should be brought into the practice space at the beginning of each session.



Parent Viewing Area Access

Athletes are not permitted to enter the parent viewing area during practice unless given explicit permission by a coach.



Cell Phone Use

Cell phones are not permitted during practice. Phones should be silenced and stored away for the duration of training.



Practice Attire

Competitive team athletes must wear a CheerStrike shirt (or gym-coloured shirt), athletic shorts, and cheer shoes to all practices. Only CheerStrike-branded or appropriately colored attire is permitted.



Hair Requirements

All athletes must have their hair secured away from the face during practices and events. Long hair must be tied back in a ponytail; short hair should be clipped or held back using headbands or similar accessories. Athletes will not be allowed to participate with hair worn down.



Jewelry & Accessories

Jewelry of any kind is strictly prohibited during practices and competitions for safety reasons.



Nail Length

Fingernails must be kept short and no longer than the tip of the finger to ensure safety during stunting and tumbling.

Parent Policies



Use of Branding

Our brand is a vital part of our identity. Parents may not use any CheerStrike Royals branding—including but not limited to logos, gym names, and team names (e.g., CSR, CheerStrike, Royals)—to create custom apparel or merchandise for personal use or resale. All official merchandise will be available exclusively through the CheerStrike Pro Shop.



Positive Representation

As members of the CheerStrike community, parents are expected to represent the gym in a respectful and positive manner on all public and virtual platforms, including social media.



Communication Guidelines

To ensure productive and respectful communication, parents are asked to follow these boundaries:

- 24-Hour Rule** – If you are upset or concerned, please wait 24 hours before reaching out to a coach or owner. Emails sent before this cooling-off period may not receive a response.
- Focus on Your Athlete** – Conversations must be limited to your own child. Discussing other athletes or families is strictly prohibited and may result in dismissal from the program.
- Respect for Personal Time** – Coaches are not required to respond to messages outside of their scheduled hours.
- Approved Communication Channels** – Parents may contact coaches only via their designated email or through the BAND App. Messages sent via other platforms (e.g., social media or text) will not receive a response.



Facility Access & Etiquette

Parents are not permitted to enter the gym, change rooms, or athlete-only spaces unless specifically invited by a staff member. Practices and classes should not be interrupted—this includes speaking to athletes or coaches during sessions. All conversations must take place before or after class and only in the office. Formal meetings must be scheduled in advance.



Parent Viewing Area Expectations

The parent viewing area is a positive, respectful space. Only kind and supportive conversations are permitted. We maintain a zero-tolerance policy for negativity, gossip, criticism of the gym, coaches, or athletes. Any behaviour contrary to these expectations may result in restricted access or removal from the program.



Conduct & Sportsmanship

Parents are expected to conduct themselves with the highest level of sportsmanship. Gossip, rumor-spreading, or disparaging remarks about athletes, families, or staff are strictly prohibited. Such behavior may result in dismissal from the program.



Photo & Video Policy

Photography and videography during practices or private lessons are not allowed without prior written consent from the head coach.



Program Commitment

Parents who threaten to remove their athlete from a team or the program will be dismissed immediately. Any applicable refunds will be issued in accordance with our refund policy.



Raising Concerns

All questions, concerns, or feedback must be communicated respectfully. These discussions must take place with a gym owner, in person, and inside the gym office. Meetings must be scheduled in advance.



Competition & Apparel Inquiries

Any questions related to competitions, events, or apparel must be directed to CheerStrike staff. Parents must not contact event producers, competition organizers, or apparel vendors directly.



Viewing Policy Changes

CheerStrike reserves the right to restrict or close the parent viewing area if it is deemed necessary for the well-being and focus of our athletes.

Financial Responsibility & Payment Policies

Primary Account Holder Responsibility

The parent or guardian who registers the athlete assumes full financial responsibility for all fees and costs associated with participation in the CheerStrike program being paid on time.

Payment Options

Fees may be paid in one of the following ways:

- Monthly Installments
- Three Pre-Set Payments
- Payment in Full
- Payment schedules will be selected during registration and must be adhered to throughout the season.

Accepted Payment Methods

Monthly payments will only be accepted via Electronic Funds Transfer (EFT) or credit card. Alternative payment methods are not accepted.

Late Payment Policy

All payments are due on the 1st of each month. Any outstanding balance not received by the 10th will incur a \$25 + HST late fee. If payment has not been received by the 15th of the month, the athlete will be required to sit out of practices until the balance is paid or a formal payment arrangement is made. Missed practices may affect the athlete's eligibility for upcoming competitions.

Handling of Financial Matters

All financial matters must be directed exclusively to CheerStrike Administration. Coaches and other staff are not authorized to discuss or manage payment issues.

Account Status & Participation

Athletes must have accounts in good financial standing in order to participate in practices, classes, and competitions. Failure to meet financial obligations may result in suspension from the program or team activities.





Included in your Season 13 Fees

All Team Training

Music & Choreography Fees

Choreography Camp *Novice, Prep & Elite

June Skills Training *Prep and Elite only

All Canadian Competition Fees

Athlete Gym Registration Fee & Insurance

Competition Hair Accessories

Uniform Rental *Novice only

Practice Shirt

Members discounted price for open gyms

Extra Costs for Season 13



- Cheer Shoes (if needed) Solid white runners are required for Novice teams - Prep & Elite athlete require proper cheer shoes (white only)
- Makeup (if needed) approx. \$30+hst - may be purchased at the gym or at a drug store
- Cheer Canada/OCF fee: approx. \$50.00+hst for Elite & Prep athletes & approx \$30.00+hst for Novice athletes - must be completed by parents this season
- Prep & Elite Competition Uniform - either you will need to purchase a new uniform at approx \$550 +tax, purchase a used uniform at \$380 through the used uniform BAND group, or keep your same uniform from Season 13 at no cost
- Black practice shorts (if needed) - available from the CSR online Proshop
- All travel costs (hotels and transportation)
- Parent/spectator fees for competitions
- End of Season Banquet Tickets
- Spectator tickets for End of Season Showcase



Team Placement Process

1. Assessments

April 2025 All current and returning athletes were assessed at practice.

April 30 & May 4 2025 New athlete team placements sessions

2. Level Placings

Based on the assessments, each athlete (except for Novice athletes) will be invited to attend further LEVEL TRAINING.

At level training athletes will be provided the opportunity to stunt with a variety of other athletes, giving coaches the opportunity to better balance teams, with all needed roles being filled.

3. Level Training

Once you've received your level placing you will then register for your Level Training. The \$99+hst non-refundable Level Training Fee will be credited towards your Season 13 registration fees.

May 13	May 14	May 15	May 20	May 21	May 22
U6 5:15-6:15pm	U12 L1 5:15-7:15pm	Level 2 5:15-7:15pm	U6 5:15-6:15pm	U12 L1 5:15-7:15pm	Level 2 5:15-7:15pm
U8 5:15-6:45pm	Level 3 7:30-9:15pm	Level 4+ 7:30-9:30pm	U8 5:15-6:45pm	Level 3 7:30-9:15pm	Level 4+ 7:30-9:30pm
U16 L1 5:30-7:30pm			U16 L1 5:30-7:30pm		

4. Team Offers

May 26 2025

Team offers are sent out.

May 31 2025

Deadline to register.





Extra Summer Training

Building Bootcamps

SEE NEXT PAGE

June & July

Stunt Choreography

*all information here is subject to change

MON JUN 23	TUES JUN 24	WED JUN 25	THUR JUN 26
REIGN 4:30-8:30pm	RADIANCE 4:30-8:30pm	IMPERIAL 4:30-8:30pm	EMPIRE 4:30-8:30pm
ALLEGIANCE 5:00-9:00pm	LEGACY 5:00-9:00pm	BrilliaNT 5:00-9:00pm	HEIRESS 5:00-9:00pm
SOVEREIGNTY 4:30-7:00pm		QUEEN BEES 5:15-6:45pm	MONARCHS 5:15-6:45pm
NOBILITY 7:00-9:30pm			



Prep Stunt Choreography

SAT JULY 12	SUN JULY 13
ARISTOCRATS 9am-12pm	MAJESTIC 9am-12pm
EMINENCE 12:30-3:30pm	VALOUR 12:30-3:30pm
REGAL 4-7pm	

ROYAL HIGHNESS & DIVINITY
WILL DO STUNT CHOREO DURING
THEIR REGULAR PRACTICE TIME

July 11-13

Worlds & Travel Team Stunt Choreography
Virtue - ValiaNT - Honour - Prestige

August & September

Elite Routine Choreography

*all information here is subject to change

MON AUG 11	TUES AUG 12	WED AUG 13	THUR AUG 14	SUN AUG 17	MON AUG 18
IMPERIAL 10:00am-3:00pm	IMPERIAL 10:00am-3:00pm	ALLEGIANCE 10:00am-3:00pm	ALLEGIANCE 10:00am-3:00pm	QUEEN BEES 9:00am-12:00pm	QUEEN BEES 9:00am-12:00pm
REIGN 10:00am-3:00pm	REIGN 10:00am-3:00pm	RADIANCE 10:00am-3:00pm	RADIANCE 10:00am-3:00pm	MONARCHS 12:30-3:30pm	MONARCHS 12:30-3:30pm
HEIRESS 4:00-9:00pm	HEIRESS 4:00-9:00pm	LEGACY 4:00-9:00pm	LEGACY 4:00-9:00pm	NOBILITY 3:30-6:30pm	NOBILITY 3:30-6:30pm
BrilliaNT 4:00-9:00pm	BrilliaNT 4:00-9:00pm	EMPIRE 4:00-9:00pm	EMPIRE 4:00-9:00pm	SOVEREIGNTY 6:30-9:30pm	SOVEREIGNTY 6:30-9:30pm

Prep and Open Level 3 NT Routine Choreography

THUR AUG 14 **EMINENCE** 10:00am-2:00pm **ARISTOCRATS** 2:30pm-6:30pm

FRI AUG 15 **DIVINITY & RH** 9:30am-12:00pm **MAJESTIC** 10:00am-2:00pm **REGAL** 2:30pm-6:30pm

SAT AUG 16 **DIVINITY & RH** 9:30am-12:00pm **VALOUR** 12:00-4:00pm

September 2-4 Worlds & Travel Team Routine Choreography
Virtue - ValiaNT - Honour - Prestige

September 6 Novice Routine Choreography
Twinkles - Tiaras - Enchanted - Glory

BUILDING BOOTCAMPS

SATURDAY JUNE 7	SUNDAY JUNE 8	SATURDAY JUNE 21	SUNDAY JUNE 22
12:00-3:30PM LEVEL 3 TEAMS	9:00-1:00PM LEVEL 3 TEAMS	11:45-1:15PM ROYAL HIGHNESS & DIVINITY	9:00-10:30AM ROYAL HIGHNESS & DIVINITY
4:00-7:30PM LEVEL 4+ TEAMS	2:00-6:00PM LEVEL 4+ TEAMS	12:00-2:00PM U12/U16 L1 PREP U8 ELITE LEVEL 1	9:15-11:15AM U12/U16 L1 PREP U8 ELITE LEVEL 1
		2:30-5:00PM ELITE LEVEL 1	11:30-2:30PM ELITE LEVEL 1
		5:00-8:00PM PREP & ELITE LEVEL 2	3:00-6:00PM PREP & ELITE LEVEL 2

LEVEL 3 TEAMS:

HEIRESS

NOBILITY

SOVEREIGNTY

LEVEL 4+ TEAMS:

LEGACY

VIRTUE

VALIANT

PREP & ELITE LEVEL 2 TEAMS:

EMINENCE

REIGN

ALLEGIANCE

BRILLIANT

U12/U16 PREP LEVEL 1 TEAMS:

MAJESTIC

ARISTOCRATS

REGAL

U8 ELITE LEVEL 1 TEAMS:

MONARCHS

QUEEN BEES

ELITE LEVEL 1 TEAMS:

IMPERIAL

RADIANCE

EMPIRE