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Deep Blue Athletics

Competitive Team Program Handbook

Our Mission

Deep Blue Athletics Ltd. is an elite all star cheerleading company anchored in the desire to ensure a strong athletic foundation while fostering the safe development and progression of new skills. Our athletes will be empowered to succeed, in and out of the gym, because of our determination to provide high quality instructors and exceptional role models.

Welcome to
Season 5!!



#diveintofive



Owners, Deanna & Heather, created DBA to provide a safe and well-structured all star cheerleading program for the children and youth of Parkland County. Deanna and Heather have over 40 years of combined experience in the cheerleading community. From being athletes in high school, cheering for the professional Edmonton Eskimos Cheer Team, coaching various ages and levels of cheer and judging for the Alberta Cheerleading Association (ACA) they have the experience and knowledge necessary to run a successful cheer program. We offer both recreational, tumbling and competitive programs for ages 3 and up!

Competitive Program General Information

Team Information: Practices will begin September 1st. Competitions begin in January and run until mid- April. Please review our attendance policy prior to registering for a competitive team. If you are unable to commit to the full season please consider registering for one of our recreational teams.

Summer Camp/Pep Rally: August 24th-28th - Mandatory for all athletes

Team Placements: Every athlete wanting to be placed on a competitive team must attend placements. EVERY athlete has a space on one of our teams, however not all athletes will be placed on a full year competitive team, it may be recommended that your child register for a prep team in order to improve their skills. Athletes are assessed based on skill, work ethic and past attendance. Team placements are to be determined. Please complete the athlete intention form on our website to be added to our team information list(s).

Competitions: All-Star teams will attend 5 competitions one/two of which will be out of town however still in Alberta. There will be no international travel for this season for All-Star teams, the exception being our Open Elite team will go to Worlds in Orlando if awarded a bid and international travel is permitted. All competitions are mandatory as the team cannot perform properly with athletes missing. Travel expenses are not included in the registration fees.

Uniforms: This season all prep teams, novice teams and open 3.0 will be using the same uniform used in the past season. The competitive All-Star program will be getting new uniforms this season.

Registration Fee Includes: Practice shirt & bow, insurance, professional music, choreography, all competition fees (excluding travel events), ACA membership, Cheer Canada membership & GST. There is NO fundraising required, however is available year round through the Deep Blue Athletes Association. For more information please contact dbaainfo@gmail.com

**Registration fees do not include competition make-up and shoes, all of which are required. All athletes need plain white runners that will be for indoor use only.

Family Discount: Deep Blue Athletics offers a discount to those families that have more than one child in our competitive/prep programs. The second and any subsequent children will receive a 10% discount on their monthly fees.

New Age Grid:

Age on of January 1, 2021

MINI	6-8 YRS
YOUTH	9-12 YRS
JUNIOR	11-16 YRS
SENIOR	14-18 YRS
OPEN	14+ YRS

** The age ranges have changed for the 2020-2021 Season. Please register for team placements based on the age your child will be ON January 1, 2021. If your child fits in more than one range please register in the younger grouping.



Competitive Program Team Information

Team name	Age	Registration Fee	Uniform Fee	Monthly Fees Sept.-April	Travel fee *estimate	Tumbling Requirement	Practice Schedule <u>*tentative*</u>
Mini 1 Sea Starz	6-8	\$390	\$285	\$110	\$0	N/A	Saturday 11:45-1:15 & Tuesday 6-7:30
Youth 1 Icebergs	9-12	\$450	\$285	\$120	\$200	N/A	Sunday 6-8:00 & Thursday 6-8:00
Jr or Senior 1 Odyssey	11-16 Or 14-18	\$450	\$285	\$120	\$200	N/A	Saturday 9-11:00 & Monday 5:30-7:30
Mini/Youth 2 Mist	7-12	\$450	\$320	\$120	\$200	\$60	Saturday 10:00-12:00 & Wednesday 5-7:00 (Monday tumbling)
Junior 2 Atlantis	11-16	\$450	\$320	\$120	\$200	\$60	Sunday 3-5:00 & Thursday 5-7:00 (Monday tumbling)
Junior or Senior 3 Stingrays	11-16 Or 14-18	\$450	\$320	\$145	\$200	\$60	Saturday 12:30-3:00 & Wednesday 6:30-8:30, Monday (1x/month) (Monday tumbling)
Open 3.0 Legasea	14+	\$390	\$320	\$95	N/A	N/A	Monday 7:30-9:30

* If registration, tumbling and monthly fees are all paid upfront you will receive a 5% discount on those fees.

Important Dates

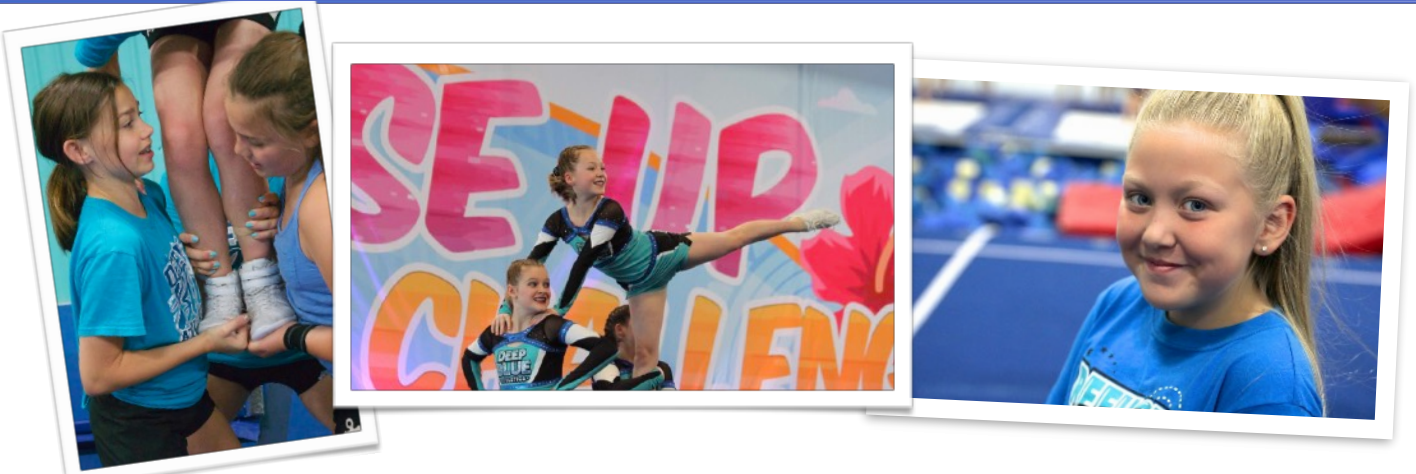
- Registration will take place on the first day of skills camp
- September 15th - Uniform Fee due (tentative)
- October 15th - Travel fee (estimated at \$200) Youth 1, Junior 1, Youth 2, Junior 2 & 3

Refund Policy

- Any request to withdraw from the competitive program must be done in writing. No withdrawals will be allowed after January 1st.
- A full refund of the registration fee, less a \$50.00 processing fee, can only be processed for individuals withdrawing before September 15th. Any athletes withdrawing after September 15th will only be refunded 50% of the registration fee. No refund of the registration fee will be allowed after the first 30 days.
- Monthly fees will not be refunded, however if a withdrawal is requested prior to January 1, 2021 then no further monthly fees will be charged. DBA allows a payment plan for cheer fees and spreads them over the length of the program. If a withdrawal is done after January 1st the remaining monthly fees will be payable in full at the time of the withdrawal.
- There is no refund for uniform or travel fees.

Non-Payment Policy

- Any fee outstanding for more than 7 days past it's due date will result in a \$40 late fee
- Any NSF cheques will result in a \$40 fee
- Any declined credit cards not resolved by the payor in 7 days will result in a \$40 fee
- Should fees remain outstanding for greater than 7 days past the due date the athlete will not be allowed to participate until the outstanding balance is paid in full



Competition Schedule - TENTATIVE

	Cold Snap	Imagine	PAC	Rise Up	Red Deer	True North	ACE	Sea Worthy
	Jan 22-24	Jan 30-31	Feb 6-7	Feb 5-6	Feb 20	Feb 26-28	April 18	TBD
Mini 1	✓			✓	✓	✓	✓	✓
Youth 1		✓		✓	✓	✓	✓	✓
Junior 1		✓		✓	✓	✓	✓	✓
Level 2	✓	✓		✓		✓	✓	✓
Level 3	✓	✓		✓		✓	✓	✓
Open 3.0 Legasea	✓			✓		✓	✓	✓

Summer Skills Camps



- August 24th - August 28th
- Sea Stars - Aug 25th & 27th 9:30-11:30am
 - Icebergs - Aug 26th & 28th 9:00-12:00
 - Odyssey - Aug 25th & 28th 5:30-8:30
 - Mist - Aug 25th & 27th 1:00-4:00
 - Atlantis - Aug 26th & 28th 1:00-4:00
 - Stingrays - Aug 24th & 27th 6:00-9:00
 - Legasea - Aug 24th & 27th 6:00-9:00

Policies & Program Expectations

Attendance Policy

• Practice attendance is mandatory and compliance with the attendance policy below will be enforced. An athlete's team position may be jeopardized for noncompliance with all the following terms of the attendance policy.

Summer Practices & Skills Camp

• Attendance at practice is critical to your athlete's progress and integral to the success of the team and athletes should be at practices during the summer season. There are a limited number of practices in the summer so we appreciate attendance at all practices. Summer skills camps are mandatory for all athletes.

Competition Season Practices

- The "Competition Season" begins January 2021 and ends April 2021.
- Athletes are expected to be at every practice.
- If an athlete is absent from practice for any reason, whether excused or unexcused, he or she is responsible for learning ALL routine changes made in their absence, before the next practice. It is unfair to the team to waste valuable practice time re-teaching one athlete the material that he or she missed, while every other athlete must then wait for the one athlete to "get caught up to speed" and learn their part before moving on.
- Unexcused absences are NEVER allowed the week before a competition or performance under any circumstance. Noncompliance will result in the athlete being moved to an alternate position or removed from an upcoming competition, at the discretion of the coach.

Excused Absences

- An "excused absence" must be scheduled with coaches as soon as you become aware that a practice will be missed. This allows us to plan accordingly.
- Coaches have ultimate discretionary authority to excuse absences on a case-by-case basis.
- If ill, competitive athletes will "zoom in" (if able) to not miss any choreography etc.

Unexcused Absences

- The following are examples of unexcused absences: part-time jobs, medical appointments, other sports practices & games, dances, ball games, and school/church socials, etc.
- Academics: School is a high priority and Deep Blue Athletics stresses the importance of education. Schoolwork, including homework, projects, and studying for tests, are unexcused absences. Athletes are expected to maintain proper time management so this does not become an issue.

Attendance Policies and Procedures

- In the case of an unexpected emergency, please contact your coach as soon as possible to inform them of your situation.
- Missing a competition may result in immediate dismissal from the program.
- Illness: You are NOT to attend practice when you are sick. If you have any COVID-19 symptoms you must be tested immediately as per AHS recommendations.
- Injury: In the event that an athlete is injured, you should notify your Coach of the injury immediately. An accident report will be completed if the injury took place at practice. For all injuries a return to sport form will need to be completed by a doctor prior to an athlete being allowed to return. Athletes that are injured are expected to attend all practices.
- We will re-choreograph routines based on the athlete's injury and length of recovery. Once the individual has fully recovered, he or she may or may NOT be choreographed back into the same spots in the routine. The determination of when he or she will be placed back into the routine is up to the coaches.

Policies & Program Expectations

Gym Rules

- All parents must sign a waiver prior to their child's participation in any of our programs.
- Athletes are not allowed into the gym area until a coach is with them.
- No food or beverages are allowed in the gym, athletes may bring a water bottle, but it will not allowed on the equipment.
- Any injury, whether it involved cheerleading or not, needs to be reported to the coach immediately.
- There are no cell phones allowed in the gym area during practice times. Parents please be aware that sound does travel, have your phones on vibrate and speak quietly at all times so as not to disturb the athletes and coaches.

**Due to the ever-changing nature of COVID-19, the gym will not be allowing any spectators at this time. We ask parents to drop-off at the door. All athletes will be required to wash their hands prior to entering and when exiting the gym.

Personal Appearance

- Once practice attire has arrived it must be worn to every weekday practice. Weekend practices please wear DBA attire & colours. Clean white indoor runners must be worn at all times in the gym. Athletes will not be allowed to practice without shoes.
- No jewelry is to be worn during practices. Please leave all valuables at home. Deep Blue Athletics is not responsible for any lost or stolen items.
- Hair must be securely tied back and out of the eyes for all practices.
- No half tops are allowed for practices and please ensure all shorts are an appropriate length.

Conduct

- Poor behaviour from an athlete will be dealt with in an age appropriate manner. The coaches have the authority to remove an athlete from practice if they deem it necessary. Unacceptable behaviour that affects the well being of others on the team can lead to dismissal.
- Any negative comments/photos about Deep Blue Athletics, it's athletes, coaches or any other cheerleading program posted by athletes or parents on any social media, blog or website is grounds for immediate dismissal.
- If you or your child has a concern in regards to the coaches or program of Deep Blue Athletics it is your responsibility to inform either your child's coach or the owners directly.
- Abuse or harassment of any kind will not be tolerated. Please view our Abuse and Harassment Policy in regards to handling these types of situation should they occur.
- At DBA, we will ensure that respect is of the utmost importance when communicating with parents, athletes and coaches. Our expectation is that all athletes and parents will do the same.

Parent Code of Conduct

If children are to grow and develop in their sport or physical activity, an environment of positive communication and respect must exist. Parents should observe the following Code of Conduct with their child athletes.

- I will remember that my child participates for his or her enjoyment, not for mine.
- I will encourage my child to respect the rights of their teammates, coaches, fans & officials.
- I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of an event.
- I will make my child feel like a winner every time by offering praise for competing to the best of their own ability and trying hard.
- I will never ridicule or yell at my child or any other child for making a mistake or losing a competition.
- I will remember that children learn best by example. I will applaud good performances by both my child's team and their opponents.
- I will support all efforts to remove verbal and physical abuse from the gym.
- I will respect and show appreciation for the trained coaches who give their time to provide instruction for my child, understanding that I have a responsibility to be part of my child's development.
- I will refrain from coaching my child or other players during practices.
- I will educate & encourage my child to treat teammates, coaches, officials, & spectators with respect regardless of ability.
- I will demand an environment for my child that is free from drugs, tobacco and alcohol, and I will refrain from their use at all sporting events.
- I will have respect for all the facilities and equipment used in the sport.



Guiding Principles

Confidence

Our focus is on molding a well- rounded athlete by improving confidence and self esteem. We strive to build leaders who will believe in their own abilities and carry those forward into their daily lives.



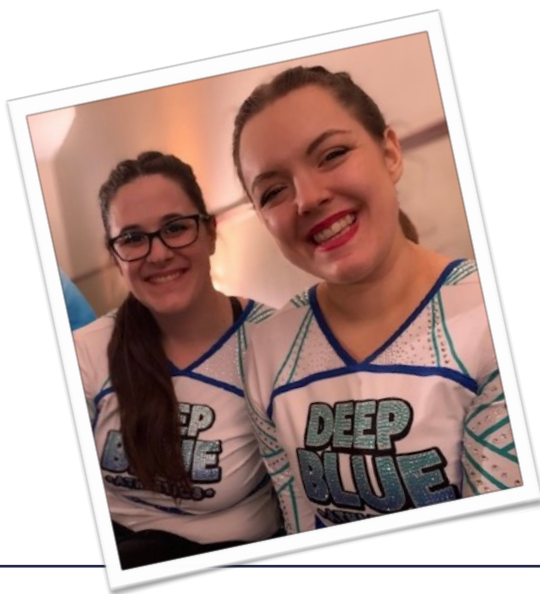
Quality

DBA values experienced, highly qualified instructors whose focus is on teaching skills appropriate for each level. The safety and wellbeing of each athlete is our top priority.



Integrity

DBA will model, in behaviour and attitude doing the right thing for the right reasons. We will foster loyalty and courtesy towards others by staying true to our values, beliefs and



Strength

Through teamwork, each athlete will acquire the ability to be strong and supportive of one another to accomplish our common goal, of building solid, strong teams.

Contact Us



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