



CALGARY STARS **POLICY & PROCEDURES** **HANDBOOK 2026-27**

www.calgarystarsgym.com





WELCOME TO CALGARY STARS

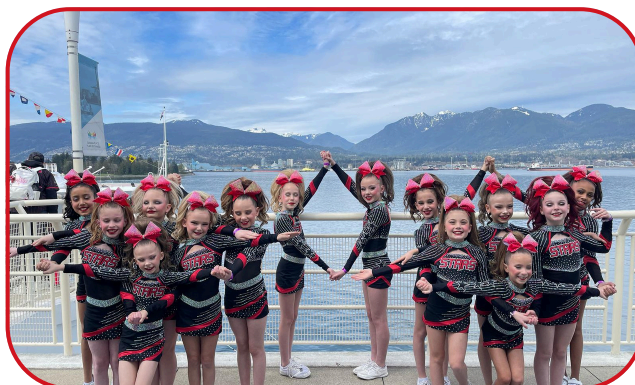
Welcome to the Calgary Stars All-Star Cheerleading Policy & Procedures Handbook! This comprehensive guide outlines the rules, regulations, and expectations for all members of our cheerleading program. By familiarizing yourself with this handbook, you are taking an important step towards ensuring a safe, inclusive, and successful cheerleading experience. Let's cheer our way to excellence while upholding the Calgary Stars values of teamwork, respect, and sportsmanship.

OUR COMMITMENT

At Calgary Stars Cheerleading, our commitment to you is unwavering. We strive to provide a positive and supportive environment where every member can thrive and reach their full potential. Our dedicated coaches and staff are here to guide, motivate, and inspire you every step of the way. We promise to prioritize your safety, well-being, and personal growth, both on and off the mat. Together, we will soar to new heights and achieve greatness as a team. Thank you for choosing Calgary Stars Cheerleading - we are committed to your success!

TEAM CULTURE

The team culture at Calgary Stars Cheerleading is a top priority. It is built on a foundation of unity, respect, and excellence. We foster a supportive and inclusive environment where every member is valued and encouraged to shine. Our team culture emphasizes teamwork, dedication, and a strong work ethic. We celebrate diversity and individuality, while also promoting a sense of belonging and camaraderie among our athletes. With our one location we are able to ensure our focus is on those within our four walls. At Calgary Stars Cheerleading, we believe that together, we can achieve greatness, create unforgettable memories and life skills that will last a lifetime.



OUR PROGRAMS

At Calgary Stars Cheerleading, we pride ourselves on offering a program for everyone. Whether you're a beginner looking to learn the basics of cheerleading or an experienced athlete aiming to take your skills to the next level, we have a program tailored to meet your needs. We understand that every athlete is unique, which is why we offer a variety of options to accommodate different levels of commitment and availability. Our goal is to provide a welcoming environment where everyone can thrive and succeed, regardless of their experience or schedule.

RECREATIONAL

Our Recreational program is designed for athletes who want to learn the basics of the sport in a fun & supportive environment. This 6 to 8-week program meets once a week & covers essential skills such as tumbling, jumping, stunting, & dancing. Participants will receive instruction from our experienced coaches & have the opportunity to develop their cheerleading abilities in a structured & engaging setting. Whether you are new to cheerleading or looking to improve your skills, this program is a great way to get started & build a strong foundation in the sport.

PREP

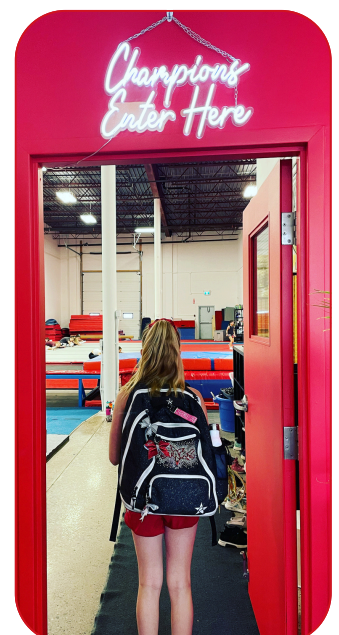
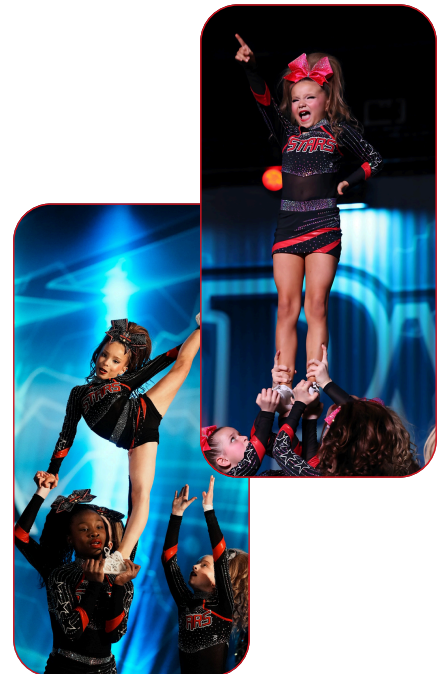
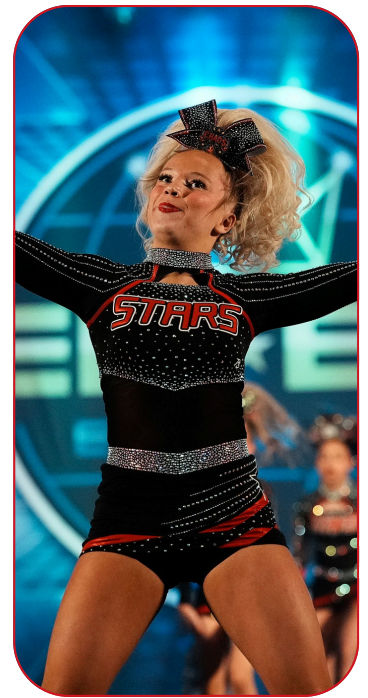
Our Prep cheerleading program is a competitive stream of cheerleading that offers a less intensive time commitment compared to our elite teams. This 8-month program requires participants to attend practice once a week & prepare for provincial competitions. While the time commitment is less demanding, participants are expected to **fully commit to attending all practices and competitions.**

PREP CONT...

Our experienced coaches will guide & support you as you develop your skills & prepare for the exciting challenges of competitive cheerleading. Join our prep cheerleading program for a rewarding & fulfilling experience that will push you to new heights of success!

ALL-STAR

Our All-star Cheerleading stream is the pinnacle of our program, offering a high level of competition & performance opportunities for dedicated athletes. This 12-month commitment involves training 2x/week, with additional practices during the competition season to ensure that athletes are well-prepared for their performances. Our National stream teams will compete within Alberta & Canada, showcasing their skills & talent on a regional level. For those seeking a greater challenge, our International teams will compete not only in Alberta & Canada but also in the U.S, where they will face top-tier competition & push themselves to new heights of excellence. Join our all-star cheerleading stream for a thrilling & rewarding experience that will test your skills, determination, and teamwork abilities.





RECENT ACHEIVEMENTS

Cosmic Rays U12 L1

- All Star Worlds Bid Winner
- Summit Bid Winner
- Grand Champions
- Judge's Choice

Odyssey U16 L2

- Paid Bid AIA Tournament of Champions
- Summit Bid Winner
- All Star Worlds Bid Winner
- Grand Champions
- Judge's Choice

Chaos U16 L3

- Paid Bid AIA Tournament of Champions
- Summit Bid Winner
- All-Star Worlds Bid
- Grand Champions
- Judge's Choice

Gemini U12 L2

- All Star Worlds Bid Winner
- Judge's Choice

Titans U18 L5

- Paid Bid AIA Tournament of Champions
- World's Bid



OUR COACHING STAFF

Our coaching staff at Calgary Stars Cheerleading is comprised of experienced, dedicated, and highly qualified individuals who are committed to coaching and mentoring your athletes to success. Our coaches are certified by reputable organizations such as the International Cheerleading Union, Cheer Canada, and Alberta Cheerleading, ensuring that they have the knowledge and expertise to guide athletes in their cheerleading journey. In addition to their technical skills, our coaches are also trained in first aid, concussion protocol, promoting respect in sports, mental health in sports, sport nutrition, and prioritizing the safety and well-being of our athletes at all times. With our exceptional coaching staff, you can trust that your athletes will receive top-notch instruction, support, and mentorship as they strive for excellence in cheerleading.



POLICIES & PROCEDURES

ATTENDANCE POLICY

At Calgary Stars Cheerleading, we prioritize the safety, progress, & success of our athletes, which is why we have implemented a **mandatory attendance policy for all practices and competitions, both for All-Star and Prep athletes**. We believe that consistent attendance is crucial for athletes to develop their skills, build teamwork, and achieve their goals in the sport of cheerleading. While we understand that school commitments and illness may occasionally prevent athletes from attending, **we expect all participants to make every effort to prioritize their cheerleading commitments**. By upholding our mandatory attendance policy, athletes can maximize their potential, contribute to the success of their team, and create a positive and supportive environment for everyone involved. Athletes that do not adhere to the attendance policy may have their role modified or dismissed from the team. In which case will result in a **four month withdrawal** policy being charged. Athletes that are injured are expected to attend all practices and participate to the best of their ability. This builds team comraderie and upholds their commitment to the team. In addition, this supports our strong team culture of resiliency and commitment.

Competition attendance is not an option. Athletes that do not fulfill the commitment to the competitions set out in the final schedule will be charged \$200 and may be dismissed from the team. In addition, athletes that are late for their competition meet times will be penalized \$25/15min late.

In the event that an athlete needs to miss a practice due to school commitments, **we require them to submit an Absentee Form in person at least 1 week prior to the scheduled practice**. This form serves as a formal notification of the athlete's absence and helps us ensure that our coaching staff is aware of any anticipated schedule changes. By submitting the Absentee form in advance, athletes can communicate their

ATTENDANCE POLICY CONT.

absence in a timely manner and allow for appropriate adjustments to be made to practice plans and team preparations. We appreciate the cooperation of our athletes in adhering to this policy, as it helps us maintain a structured and organized training environment for the benefit of all participants.

BLACKOUT DATES

During the competition season, which runs from December to April for the International stream and from January to April for the National and Prep streams, we implement a blackout period in which no practices can be missed unless due to illness. This blackout period is designed to ensure that our teams are able to perform at their very best during competitions by maintaining a high level of consistency, teamwork, and preparedness. By minimizing absences and prioritizing attendance during this critical period, athletes can focus on honing their skills, perfecting their routines, and building the cohesion necessary for successful performances. We appreciate the dedication and commitment of our athletes in upholding this blackout policy to maximize their potential and achieve their competitive goals in cheerleading.

VACATIONS POLICY

Vacations are strictly prohibited during blackout seasons, including Spring Break, depending on the competition schedule. Please refer to the official schedule of competitions to determine blackout periods.

If a vacation is planned outside of blackout seasons, an Absence Form must be completed and submitted at least one month in advance for approval.

Vacations taken during choreography sessions will result in the athlete being assigned a reduced role in the routine to maintain the integrity of the team's performance.

Family vacations must be scheduled around all competitions and mandatory practices for athletes in

POLICIES & PROCEDURES CONT...

VACATIONS POLICY CONT..

our Prep and All-Star programs. This ensures team consistency and optimal preparedness for events.

Training may continue through Spring Break depending on your child's team placement to maintain progress and competition readiness.

We reserve the right to adjust athlete positions in routines if vacation plans interfere with team commitments.

Compliance with this policy is essential for the success of the team and the individual athlete.

ILLNESS POLICY

To prioritize the health & well-being of our athletes & prevent the spread of illness within our program, we have established guidelines regarding when athletes should stay home from practice. Athletes who have had a fever within the past 24hrs are asked to stay home to rest & recover to avoid spreading the illness to others. Similarly, athletes who have experienced diarrhea or vomiting within the past 24hrs are also asked to stay home, as these symptoms can indicate a contagious condition and may pose a risk to other's health. By adhering to these guidelines & prioritizing the safety of our athletes, we aim to create a healthy environment for everyone involved. If athletes are feeling unwell, but do not have the above listed symptoms we ask that they attend practice for a modified training session.

INJURY POLICY

Injured athletes (excluding concussions) are required to attend all practices and fully participate to the extent their injury allows through modified activities. This ensures they remain engaged, maintain progress, stay informed of routine changes, and continue contributing to the team's success despite physical limitations. Attendance and involvement are mandatory to uphold commitment to the team and the sport.

CONCUSSION POLICY

Concussions are serious injuries that require proper evaluation and management to ensure the athlete's safety & well-being. Once the athlete has been cleared by a doctor to return to practice, adjustments may need to be made to the routine to accommodate any missed training & ensure a safe & gradual return to full participation. The health & recovery of the athlete are our top priorities, & we are committed to supporting them through the rehabilitation process & making any necessary modifications to their training program to promote a full & successful recovery. In the unfortunate event that an athlete experiences a concussion, it is crucial that they refrain from participating in cheerleading practice until they have been cleared by a medical professional.

VIEWING POLICY

At Calgary Stars Cheerleading, we have a "no viewing" policy during regular practices to allow athletes the time to focus, bond with their teammates, & receive direct coaching from our staff. This policy helps create a distraction-free environment where athletes can fully engage in their training & maximize their learning experience. However, we understand the importance of parental support & involvement in our athletes' cheerleading journey. Therefore, we provide opportunities for parents & families to attend special practices/showcases where they can watch their athletes perform & celebrate their progress. These opportunities serve as a platform for athletes to showcase their skills & achievements while also fostering a sense of community & connection among athletes, coaches, & families.

DRESS CODE

At Calgary Stars Cheerleading, we have a specific dress code in place to ensure a professional and cohesive appearance during practices.

POLICIES & PROCEDURES CONT...

DRESS CODE CONT...

Athletes are required to wear the following:

- Stars coloured athletic wear- red/ white. or black
- Hair must be fully tied back in a high ponytail or a low ponytail and a bow
- White cheer shoes for practice & competitions
- Athletes must bring a water bottle to each practice. Water or sports drinks only permitted.

Sports Bras: While sports bras are permitted, it is important that they provide adequate coverage and do not show cleavage to maintain a comfortable and inclusive training environment for all athletes and coaches.

By adhering to the dress code guidelines, athletes can focus on their training & performance while presenting a unified & professional image as representatives of Calgary Stars Cheerleading.

While our athletes are participating in out of town competitions and staying at a hotel, athletes are NOT permitted to wear sports bras outside their room nor a bathing suit unless wearing a cover up.

UNIFORMS:

During competitions, athletes are required to wear the assigned uniform, including the specified hair, bow, and shoes that are purchased through the gym or approved second-hand options. It is essential for athletes to adhere to these uniform guidelines to present a cohesive and professional appearance as a team. Additionally, athletes are not permitted to show their midriff at any competitions, as this may result in penalties or deductions.

The cost of the uniforms are:

Prep: approx. \$300 new (2025/26 price)

All-Star approx. \$475 new (2025/26 price)

BULLYING POLICY

At Calgary STARS Cheerleading, we prioritize creating a safe and supportive environment for all athletes, parents, family members, and staff. We have a zero-tolerance policy for any form of abuse, including physical, emotional, and verbal abuse. This extends to athletes bullying other athletes, teammates, or competitors, as well as parents engaging in bullying behaviour towards athletes, other parents and coaches. To reinforce our commitment to a safe and respectful atmosphere, All families (athletes and parents) are required to sign the "Anti-Bullying Contract included in the handbook. It is imperative that STARS athletes and parents refrain from mocking or laughing at competitors or their families, and avoid getting involved in altercations related to cheerleading activities. Any instances of bullying, whether in person or online (cyberbullying), should be reported immediately to management. Our goal is to ensure that every individual associated with STARS feels comfortable, secure & valued in our gym when representing our organization.

We take a firm stance against cyberbullying directed towards STARS athletes, parents, and competitors, we expect all members to uphold respectful behaviour in all forms of communication, including social media platforms. Any negative comments or bullying directed at STARS gym, athletes, or coaches should be ignored & promptly reported to management.

In the event of bullying behaviour, the involved parties (parents/athletes) will receive a warning, with parents being notified. A second offence will result in a parental meeting to address and resolve the situation. If a third offence occurs, the offending parties may be asked to leave the facility & team, forfeiting their right to take action against STARS, its officers, coaches, staff & patrons. **A 4-month withdrawal penalty** may apply in such cases. Bullying is a serious offence that undermines the positive & inclusive environment we strive to maintain.

POLICIES & PROCEDURES CONT...

DRUGS & ALCOHOL POLICY

We maintain a strict no-tolerance policy regarding the use of alcohol, smoking, vaping, and drugs before or during practices, competitions, and performances. These activities and related paraphernalia are strictly prohibited on STARS property. Any athlete found violating this rule will be immediately dismissed from the team and may be subject to a **4-month withdrawal** penalty. Athletes are not permitted any of these products in their system 24 hours prior to competing.

Furthermore, we expect all individuals representing STARS, including athletes, parents, family members, and friends, to refrain from being publicly intoxicated.

If any individual is found to be intoxicated while representing STARS, they will be asked to leave the premises immediately.

We take the health and safety of our athletes and community seriously, and we provide resources for support and assistance if needed. In case of any concerns or emergencies related to mental health or substance abuse, individuals can contact the following helplines for assistance:

- Kids Help Phone: 1-800-668-6868
- Distress Center Calgary: 403-266-4357

PAYMENT POLICY

At Calgary STARS Cheerleading, we have specific payment policies in place to ensure smooth and efficient transactions for our members. Here are the key points regarding our payment policies:

All fees/ payments/ memberships including competition fees, uniform payments etc are non refundable.

- Payments can be made by etrasfer, MasterCard, Visa, Visa Debit

PAYMENT POLICY CONT...

- Payment is due on the last business day of each month for the next month's fees.
- Declined transactions due to insufficient funds will incur a \$10 charge per transaction after the second processing attempt. Outstanding fees will result in a \$20 penalty each month or portion of a month that remains outstanding.
- All accounts are required to have a credit card on file for payment processing.
- Please be advised that all purchases made in the proshop will be charged to the credit card on file. It is important that all family members are aware of this policy to avoid any confusion. Please communicate & coordinate any payment arrangements within your family to ensure a smooth & transparent process.
- If an alternate payment method is not provided in writing before the start of the season, all charges will automatically be processed to the credit card on file..
- In case of extenuating circumstances, we encourage individuals to contact our office promptly to discuss & arrange alternative payment options.
- STARS reserves the right to enforce the "no pay, no play" policy.
- Please note that training sessions canceled due to Covid-19 restrictions, inclement weather, forces of nature, health authority restrictions, electricity/ heat/ water/ gas outages, are not credited or refunded.

POLICIES & PROCEDURES CONT...

WITHDRAWAL POLICY

At Calgary STARS Cheerleading, commitment to the Prep or All-Star season begins upon attending the first practice and or submitting paperwork and agreeing to the electronic waivers and agreements. Withdrawing before the season ends will result in a **mandatory 4-month penalty**. Families must understand this commitment and its impact on the team.

PAPERWORK, POLICIES & PAYMENT AUTHORIZATION

All required paperwork must be submitted prior to the start of the season or before an athlete participates in training. If paperwork is not received by this time, it will be presumed that you have read, understood, and agreed to all policies, procedures, and contracts outlined in this handbook, including payment and withdrawal policy.

MEDIA POLICY

At Calgary STARS Cheerleading, athletes, parents, and staff may not post stunt sequences, routines, uniforms, or music from the team on social media before the first competitions of the season unless they have written permission from management. This rule helps protect the team's competitive advantage by keeping routines and performances confidential. All parties are asked to follow the policy and avoid sharing details or content related to team routines or performances without prior authorization.

Calgary Stars athletes are expected to use social media responsibly. We understand athletes will be active online; however, an athlete's social media content reflects on Calgary Stars, including teammates, staff, and the organization.

Athletes must avoid posting inappropriate content, including harassment, hate speech, discrimination, threats, illegal activity, unsafe behaviour, sexual content, or any content that could harm the team's reputation or unity. Confidential team information and privacy of others must also be respected.

If it is confirmed that inappropriate content is posted or shared, the athlete may be removed from the team and a 4 month penalty will apply. Athletes are expected to comply with this policy and cooperate if any review is required.



SEASON 2026-27 INFORMATION

Welcome to Calgary STARS Cheerleading's 22nd season! This season is filled with exciting opportunities to make lasting memories, build new friendships, sharpen your skills, and reach new levels of success.

WHEN DO WE START?

Our All-Star program begins in June, while the Prep program will start in September.

This allows for a structured and organized approach to the season, ensuring that athletes have ample time to prepare and excel in their respective programs.

SUMMER TRAINING

National teams will have the opportunity to train once a week throughout the summer to continue their progress and preparation for the upcoming season. Please fill out an absentee form for athletes with pre-existing summer plans to ensure that coaches are informed and can plan accordingly.

International teams will be expected to train twice a week throughout the summer. The athletes will be permitted to be away for a total of three absences, in addition to scheduled weeks off. Choreography sessions are mandatory.

Weeks off:

June 1- 7th

June 28th to July 5th (except AIA Athletes)

July 27th to August 3rd

August 31st to September 7th

MUSIC FEE

We are proud to work with a top-notch music producer who helps bring our routines to life with custom, professional-quality soundtracks. To support this exceptional service, a music production fee is applied:

\$70 for international athletes,

\$40 for national athletes

\$25 for prep athletes

This fee ensures our teams have the best possible music to enhance their performances.

CHOREOGRAPHY CONT...

All-Star Teams U12 and above will receive professionally choreographed routines, which involve additional training time and cost. The cost is divided among each All-Star Athlete, and external choreographers are hired to ensure efficient and effective routine learning that meets scoring requirements. For U8 & Prep teams (U6 and up), routines are developed by our coaches.

Estimated cost: \$230 US All-Star

Estimated cost : \$75 CAN U8 & Prep

FUNDRAISING

Our dedicated parent fundraising committee excels at coordinating events and campaigns to support various expenses such as uniforms, competition fees, and travel costs. All funds raised directly contribute to covering these expenses. It is important to note that the parent fundraising committee operates independently from STARS. Participation in fundraising activities is optional. Contact starsparentfundraising@gmail.com to join!

TRAVEL & ACCOMODATIONS

Stars requires teams to stay in designated hotels to promote team bonding during competitions. We provide various hotel options to suit different budgets and share booking details early.

In-province coaching expenses—hotels, meals, hours, and mileage—are billed after competitions.

Out-of-province coaching expenses are billed in two parts:

- before competition (hotel, flights)
- after competition (meals, transportation, coaching hours).

Families may travel as they wish—by plane, car, or bus—as long as participants arrive on time. Except specific yearend US competitions.

SEASON 2026-27 INFORMATION

IMPORTANT DATES TO REMEMBER

Please review the following dates, which provide a brief overview of the schedule. We rely on the Google Calendar/ WhatsApp for each team to keep all our families informed about the schedule and upcoming events well in advance.

DATES	HOLIDAY OR BREAK
June 1st to June 7th	Season Break- no training, training commences June 8th
June 28 th to July 5th	Summer Break- no training, training commenced July 6th EXCEPT AIA athletes
July 27 th to Aug. 3rd	Summer Break- no training, training commences August 4th
Aug. 31st to Sept. 7th	Season Break- no training, training commences Sept. 8th
Sept. 13th	First day of Prep training
Oct. 10th, 11th & 12th	Thanksgiving - no training unless Choreography is scheduled
Dec. 20th to Jan 2nd	Christmas Break- No training, Training commences Sunday, January 3rd
Feb. 12th- Feb 15th	National teams- OFF, Family Day Long Weekend Prep teams- OFF
Feb. 15th	International teams- OFF, Family Day
Mar. 28th to Apr. 4th	Spring Break- No training for Prep Teams, practice commences April 11th
Mar. 28th	Easter Sunday- No training
Apr. 25th	Last day of training- Prep teams
May 16, 17, 18th	Victoria Day - Long weekend, No Training
May 31st	Last day of training- National and International Teams

SEASON 2026-27 INFORMATION

2026-27 FEES

Some fees are approximate and are noted. GST is not included. **All fees & payments are non refundable.**

ITEM	COST	DUE	NOTES
Administration Fee	\$190 Prep \$210 National \$250 International	At registration	This is a once a year fee Non refundable
Insurance	\$47 (approx.)	At registration	Non refundable
Music	\$25 Prep \$40 National \$70 International	At registration	Non refundable
Canada Cheer Membership	\$15 (approx.)	At registration- payable to Cheer Canada	Required to compete in Canada Non refundable
Alberta Cheer Membership	\$15 (approx.)	At registration- payable to Alberta Cheerleading	Required to compete in Alberta Non refundable
Calgary STARS monthly training fee	\$140- \$210	Last business day of the month. See page 13 for details.	Non refundable
Crossover program monthly training fee	\$130	Last business day of the month	This fee is only for athletes that are crossovers Non refundable
Uniform	\$300 Prep (approx.) \$475 All-Star (approx.) \$35 Bow all athletes (approx.)	2 Instalments: 1st- at time of registration 2 nd - September Bow- September	Non- Refundable
Competition fees (Approx.)	\$200 - Prep \$400- National \$600 -International	Invoiced throughout the year	Non refundable
Choreography fee (Approx.)	\$230 US All-Star \$75 CAN U8 & Prep	All-Star: July Prep & U8: July	Non refundable
Travel fees	See Travel & Accomodations		Non refundable

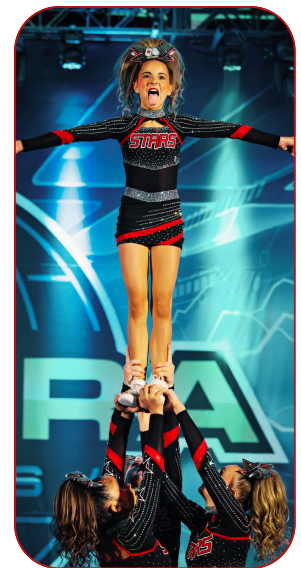
ADDITIONAL FEES

- Athlete and Family Travel expenses
- Spectator entrance fees for family and friends.
- Cheer shoes: See dress code
- Hair pieces: These are not mandatory.
- Practice gear
- Tumbling Classes, specialty classes
- Out of country Insurance

2026-27 MONTHLY TRAINING FEES & HOURS

The hours are approximate. GST is not included. All fees are non refundable.

TEAM	MONTHLY FEE	APPROX. HOURS OF TRAINING
PREP U6	\$125	20 hours+ competitions
PREP U8/U12/ U16	\$140	50 hours+ competitions
All-Star U8 Level 1	\$180	200 hours + Competitions
All-Star Level 1 National Stream	\$180	220 hours + Competitions
All-Star Level 1 International Stream	\$190	240 hours + Competitions
All-Star Level 2 National Stream	\$185	220 hours + Competitions
All-Star Level 2 International Stream	\$195	240 hours + Competitions
All-Star Level 3 National Stream	\$190	220 hours + Competitions
All-Star Level 3 International Stream	\$199	240 hours + Competitions
All-Star Level 4 International Stream	\$199	240 hours + Competitions
All-Star Level 5	\$199	210 hours + Competitions



2nd child discount only applies to monthly fees and is not applied to already discounted programs such as crossover teams.

FUNDING ASSISTANCE

Funding applicants must pay 50 percent of the monthly fee upfront, which will be reimbursed once STARS receives the funding. Failure to submit payment by the third (3rd) class of the month will result in the athlete being unable to participate. We recommend applying for funding well in advance to prevent any disruptions.

For funding assistance contact:

Kidsport

Jumpstart

THE CASSIDY CROMPTON SCHOLARSHIP

This prestigious scholarship is awarded to the athlete who most embodies Cassidy's remarkable spirit. The scholarship covers the monthly cheerleading fees for the deserving recipient.

Cassidy was an incredible member of the Calgary Stars Cheerleading Program for numerous years. Sadly she was taken from us in a tragic snowmobile accident on New Year's Eve. Cassidy will forever be remembered in our gym as the first person to always greet a new athlete, to encourage her teammates with a "you got this", and to always ask you how your day is going. Forever in our hearts.



2026-27 TENTATIVE COMPETITION SCHEDULE

These competitions are strictly TENTATIVE.

NOTE: International teams will be going to either NCA or Cheersport. NCA will be our first choice and CheerSport our option if we cannot register for NCA due to capacity.

TEAM/ STREAM	Prep	National	International	Worlds
Cold Snap Jan. 15 - 17 th Edmonton	X	X	X	X
New Era Feb. 6 -7 th , Calgary	X	X	X	X
CheerSport Atlanta, Feb. 12- 15 th			X	
True North Edmonton, Feb. 26- 28 th	X	X	X	X
Warman Cheer Classic Warman, Sask. Mar. 5- 7 th				X
NCA Houston, Mar. 19 - 21 st			X	
Provincials Calgary, Mar 19- 21 st	X	X	If we do not go to NCA	
Sea to Sky Vancouver, Apr. 11- 12 th		X	X	X
Summit Regionals U12, Arizona, April 9 - 12 th				
Summit U16 & U18, Orlando, Apr. 28- May 3 rd			X	X
Worlds Orlando Apr. 22- 26 th				

TRYOUTS/ PLACEMENTS

All athletes, both returning & new, must participate in tryouts for the upcoming season's teams. This process ensures that the teams are composed of the most skilled & compatible athletes for their respective levels & streams. Our teams will be meticulously selected with the objective of ensuring that the new team can seamlessly continue the work of the current team, while also enhancing and expanding their skills and experience.

At Stars, we recognize that some programs may evaluate athletes at a higher level. However, we take pride in our expertise in accurately placing athletes at appropriate skill levels. Our focus is on fostering skill development, building confidence, promoting longevity in the sport & ultimately achieving success.

We carefully select athletes for teams where they can thrive and succeed. Our aim is to empower each athlete to realize their full potential while prioritizing the team and gym's best interests. If an athlete is not placed on the specific level they wished for, it may be because they are not **yet** ready or there isn't a specific role available that suits them at this time. If you find yourself in this scenario you are welcome to schedule a meeting to discuss the placement.

The most successful athletes exhibit adaptability, a growth mindset, resilience in the face of failure, and a strong work ethic. This encompasses punctuality, readiness, consistent attendance, and supportive parents who also embody teamwork values. The ideal athlete will be versatile, proficient in all skills necessary for the specific level they are trying out for, such as tumbling, jumping, and stunting. However, there are positions on teams that are specifically reserved for athletes with exceptional stunting abilities, even if they may lack proficiency in tumbling.

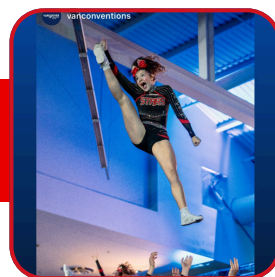
Calgary Stars placement process is a process that has had incredible success over the past 21 seasons. We ask parents and athletes to trust our process and know that our goal is to have happy athletes that are motivated, confident and successful.

2026-27 TEAMS

- Prep U6, U8, U12, U16
- Level 1- U8, U12, U16, U18
- Level 2- U12, U16, U18
- Level 3- U16, U18
- Level 4 - U18
- Level 5- U18/ Open

2026-27 AGE GRID

AGE CATAGORY	YEARS OF BIRTH
U6 PREP	2020-2022
U8	2018-2022
U12	2014-2019
U16	2010-2015
U18	2008-2013
OPEN	2011 and earlier



TRYOUTS/ PLACEMENTS CONT...

EXPERIENCED ATHLETES

Athletes with prior competitive experience, national, international or prep from another programs or from Stars will have the chance to practice with the current Stars teams in preparation for the tryouts. Prep athletes are limited to level 1, all-star athletes are allowed to train at **one** level higher than their current skill level.

Experienced athletes will participate in tryouts with the current competitive teams to ensure that the team's baseline skills are maintained.

Prep athletes are limited to tryout with level 1 athletes.

INEXPERIENCED ATHLETES

Athletes without prior experience or transitioning from a recreational program must participate in the "NEW" Athlete Tryout. At the tryout, we will need to determine your preference for the Prep stream, All-Stars National stream, or International stream.

TRYOUT DISCLOSURE

At Calgary Stars Cheerleading, we uphold a commitment to fairness and transparency in our selection process. It is important to note that we do not guarantee any athlete a position on any team. All athletes are required to attend tryouts, and for those unable to attend, an alternate date may be arranged to ensure everyone has an equal opportunity to showcase their skills. We believe in maintaining an open and inclusive environment, which is why private meetings between athletes and management for the purpose of solicitation from other programs or retention of current athletes to promise specific positions will **NOT** take place at Calgary Stars. Our goal is to foster a supportive community where every athlete is treated with respect and given a fair chance to succeed.

HOW DO WE SIGN UP FOR TRYOUTS?

The sign up process is easy!

- Returning All-Star Star Athletes: Each All-Star Stars athlete that participated in the 2025-26 Season can register for the level (team) that they wish to be on via the Calgary Stars website under "Experienced" and the level & appropriate age category. If a returning athlete would like to remain on the same team, they are still required to try out for it.
- Returning Prep athletes: Prep athletes that wish to join the All-Star Stream will register via the Calgary Stars website under their age category "Level 1".
- Are you NEW to Stars but have All-Star Cheer experience? Please chose the "Stream" you would like- National or International. Then your level and age category.
- Are you NEW to Cheer or have participated in a recreational program? Please chose your age category and "No Experience".

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