EMPIRE ATHLETICS

2023-2024

Info Package

INFO@EMPIREATHLETICS.CA

WELCOME

to the Empire Athletics family!

Dear Empire Families,

We want to start by thanking you for your interest in our program. We're thrilled to welcome your athlete to the incredible and unique sport of all-star cheerleading at Empire Athletics.

If you are new to us, we can't wait to welcome you. If you are returning to us in Season 14, welcome back. We are thrilled to be able to give you a season full of new competitive experiences, travel opportunities, friendships and many memories to last a lifetime.

We have a highly experienced, well-trained, credentialed coaching staff who guide, teach, inspire and motivate each individual to become not only the best athlete they can be, but teach lessons through sport. We want to impact each individual when they enter our gym doors. When you register for our program, you are learning the values of dedication, goal setting and hard work, values that we feel will carry your young athlete not only through their season, but into life. At Empire Athletics, cheerleading is so much more then trophies, banners and new skills.

So, with all of this said, we want to formally welcome you to The Empire and we wish you a fantastic season with your team!

Follow us on Social Media:
@empireathletics_ns (Instagram)
@empireathletics14 (Facebook)
info@empireathletics.ca (Email)
www.empireathletics.ca (Website)

What we offer! Something for Everyone!

We offer our popular Elite All-Star teams, All-Star Prep teams, Novice teams and Recreational Classes to meet all families schedules, budgets and goals. Make new friends and fall in love with an incredible sport!

All-Star Elite: The all-star program is fully competitive. Athletes train 2x weekly with their team on more elite stunt skills, faster paced choreography and compete at both local and in some cases, travel events. These teams are grouped by age, experience and level for the best team and competitive experience.

All-Star Prep: This program is a semi-competitive, lower cost program for athletes who are new to the sport, or who love the sport and are looking for a little less time commitment. . This program focuses on cheer basics, tumbling fundamentals and athletes have a more manageable practice and competition schedule. This program is hosted out of both locations and feeds into our all-star stream.

Rec (Novice) Teams: Teams are offered in sessions, September-December and January-April. This is a low cost, low commitment way to learn the fundamentals of cheerleading!

Skills Classes and Clinics: Offered throughout the year, in various formats for a variety of skills and techniques. Follow us on social media and join our email list to ensure you never miss a class being offered!

Private and Semi Private Lessons: Looking to learn new skills in a low pressure, one on one setting. Using our online portal, book your day and session to work with the Empire staff to improve your flexibility, strength and tumbling skill set. Need help finding the perfect coach for your athlete? Send us an email info@empireathletics.ca

At Empire Athletics we offer opportunity.
We are so much more than just a cheer gym offering a sport.
We are a life changing community for youth of all ages and abilities. Empire is the perfect fit for athletes and families that want their children to experience MORE!
Take a look at how we can help your child reach goals, become more fit and healthier while gaining confidence, creating lasting friendships and achieving great accomplishments.

2023-2024

Team Placements

WINDSOR

June 1

U8 - 5:15pm-6:15pm
U16 - 6:15pm-7:15pm
Worlds - 7:30pm-9:00pm

June 2

U12 - 5:15pm-6:15pm Any Age - 6:15pm-7:15pm
14+ - 7:30pm-8:30pm

KENTVILLE

June 2

U8 - 5:15pm-6:00pm
U12 - 6:00pm-6:45pm
U16 - 6:45pm-7:30pm

*IF YOUR ATHLETE BELONGS TO MORE THAN ONE AGE CATEGORY, PLEASE PICK THE ONE THAT IS MOST CONVIENENT FOR YOUR FAMILY. THE PLACEMENT YOU ATTEND WILL HAVE NO EFFECT ON THE LEVEL OR AGE GROUP OF THE TEAM YOU ARE PLACED ON.

PLACEMENT PROCESS

Rec (Novice) Teams

Email info@empireathletics.ca to register.

All-Star Elite & All-Star Prep

Complete the Placement form before May 28th, 2023 and choose which placement date and time fits best for your athlete. If you are a returning athlete, you may opt out of attending a placement and be placed based on previous years practices, private lessons, classes, etc. If you are currently out of province or are unable to attend one of the live placements please submit a placement video to info@empireathletics.ca.

Anyone who would like to be considered for a World's team must attend the World's tryout. Athletes must be born in 2008 or earlier to attend.

Pay your $20 Placement Fee to accounts@empireathletics.ca by May 28th, 2023. Additional siblings will receive a $10 discount.

To prepare for placements, your athlete is welcome to visit our gym for a gym tour. Contact chris@empireathletics.ca to schedule a time.

Athletes should come dressed in athletic apparel, with their hair tied back and with lots of water. Athletes will receive a number as they enter the gym. They will warm up together and then be separated into smaller groups. Groups will rotate between the different placement stations which include Tumbling, Jumps, and Fitness.

TEAM ANNOUNCEMENTS

Once the teams have been made, team lists will be distributed with the numbers your athletes received at their placement. Don't worry, if you are not at a live placement, athlete numbers will be sent by email.

REGISTRATION

Register online prior to your first practice. Registration forms will be available after placements.

Team Practices will start Monday June 12th.
Practices will be once weekly through the summer months and twice weekly in September.
Full Team Schedule and Calendar will be available shortly after team announcements.

KENTVILLE LOCATION

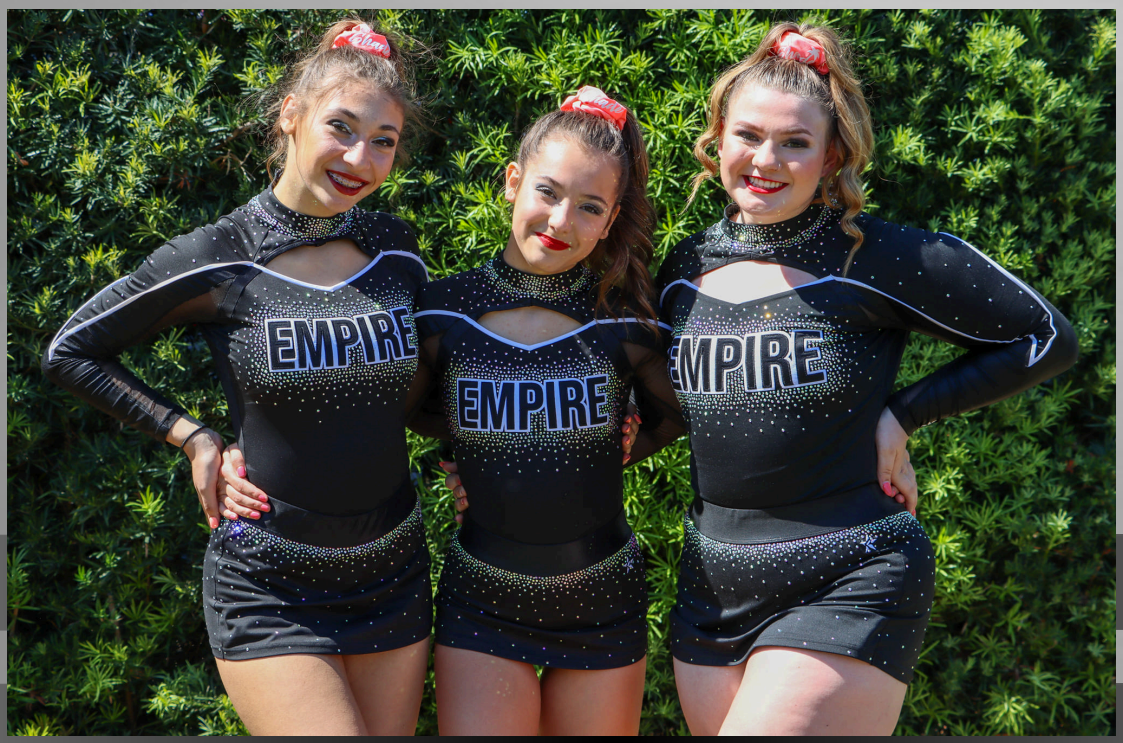
Options

All-Star Elite	All-Star Prep	Rec (Novice)	Specialty Classes	Private Lessons
Competitive, Non-Travel Attend 5-6 Competitions	Semi-Competitive, Non-Travel. Attend 3 Local Competitions	Non-Competitive. 2 Sessions Sept-Dec & Jan-Apr	Available throughout the season. Availability limited.	Available weekly.
Two practices per week (1.5 hours each)	Two practices per week (1 hour each)	One practice per week (1 hour).	Length may vary depending on the class.	30 minutes & 1 hour
All-Star uniform approx. $500. Black sneakers required.	Modified uniform approx. $100.	No uniform required.	No uniform required.	No uniform required.

WINDSOR LOCATION

Options

Worlds	All-Star Elite	All-Star Prep	Rec (Novice)	Specialty Classes	Private Lessons
Intensive Worlds level training Travel to Orlando, Fl	Competitive, Non-Travel. Attend 5-6 competitions.	Semi-Competitive. Non-travel. Attend 3 local competitions.	Non-Competitive 2 Sessions Sept-Dec & Jan-Apr	Available throughout the season. Availability limited.	Available weekly.
Two practices per week (3.5 hours total)	Two practices per week (1.5 hours each)	Two practices per week (1 hour each)	One practice per week (1 hour)	Length may vary depending on the class.	30 minutes & 1 hour
All-Star uniform required. approx. $500. Black sneakers required	All-Star uniform, approx. $500. Black sneakers required.	Modified uniform. approx $100.	No Uniform required	No uniform required.	No uniform required.



HOW TEAMS ARE BUILT

Trust the Process

Step 1

Click Here to register for placements

Attend a class or sign up for a private lesson on iClass.

Step 2

Attend placements.

Wait to see which team you have been placed on. We have a home for everyone!

Step 3

Register online prior to your first practice. Registration forms will be available after placements.
Get ready for an incredible season with your cheer family.

We strive to form competitive teams based on an athlete's entire skill set. This includes the tumbling levels, however there may be athletes on any given team that may tumble at a different level than the rest of their teammates.

We try to match up the athletes by level as best we can but please remember that stunting, pyramids, dance, motions and age are important factors as well. Some will be stronger tumblers than others, some will contribute more with stunts than others. We chose our teams based on the positions that we need to fill (bases, flyers, tumblers, etc) in order to field the strongest teams possible, and ensure each athlete is a contributing member of their team.

Our coaches take prior cheerleading experience into consideration. We are confident in our ability to place athletes correctly, and teach the necessary stunting for each team and level.

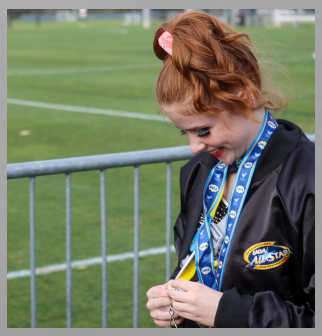
2023-2024 Age Gric	Year of Birth
U6	2017-2019
U8	2015-2019
U12	2011-2016
U16	2007-2012
U18	2005-2010
OPEN	2008 or earlier
LVL 7	2007 or earlier

INVESTMENT

Program	Team Fee	Registration Fee	*Additional Information	Payment Option
Specialty Classes & Privates	Prices Vary	None	No uniform.	Paid in full by first class
Rec (Novice)	$195 per session.	None	No Uniform.	Paid in full by first class
Allstar Prep	$850	$100 due upon registration.	Uniform approx. $100.	1 Payment ($850) - due at registration OR 5 Payments ($150) July, Aug, Sept, Oct, Nov.
Allstar Elite	$1450	$150 due at registration	* All inclusive fee with the exception of uniform (approx. $500)	1 Payment ($1450) - due at registration OR 5 Payments ($260) July, Aug, Sept, Oct, Nov
Allstar Travel	$1850	$200 due at registration	* Team fee does not include, travel, accommodations or meals at travel competition. All-Star uniform required (Approx. $500)	1 Payment ($1850) - due at registration OR 5 Payments ($330) July, Aug, Sept, Oct, Nov
Worlds	$2600	$200 due at registration	Fee does not include meals and travel to Orlando. All-Star uniform required (approx. $500)	1 Payment ($2600) - due at registration OR 8 Payments ($300) July, Aug, Sept, Oct, Nov, Dec, Jan, Feb

Payments are due on the 1st of the month.

At EMPIRE our focus is to provide a fun, accessible and cost conscious all-star cheerleading experience. Our fees are all-inclusive so your are not making a variety of payments - we get it, your busy! Our fees include competition registration, music and choreography, CNS & Cheer Canada fees, insurance and program overhead costs.



We pride ourselves on offering ample fundraising opportunities to all our Empire families. We offer multiple various fundraisers each month, year round. Parents/athletes have been known to fundraise their full fees in previous years.

CONTACT INFORMATION
and communication

At Empire Athletics, we pride ourselves on constant and effective communication. There are a number of outlets that we use to get information out to our members. These include monthly mass email and team and family FB groups. You can opt-in to these communication outlets once you have registered for your new team.

If we are not reachable inside the gym, you are always welcome to email us to get the information that you need. We are here to support you and are always happy to help.

We look forward to seeing and welcoming you into the Empire Family!

Customer iClass Portal
app.iclasspro.com/portal/empireathleticsns

Website
www.empireathletics.ca

Email
info@empireathletics.ca
accounts@empireathletics.ca

Social Media
www.facebook.com/empireathletics14
www.instagram.com/empireathletics_ns