

PIGEON LAKE
LYNX
HANDBOOK
2024/2025



Introduction

Mission:

Our mission at The Pigeon Lake Lynx is to foster teamwork, discipline, and self-confidence in the youth of the Pigeon Lake community through the joy of cheerleading. As we are believers in the words, "perfection before progression", we strive to provide a supportive and inclusive environment where every child can learn and grow, regardless of skill level. By promoting sportsmanship, dedication, and a commitment to excellence, we aim to empower our young cheerleaders to reach their full potential both on and off the mat. Through spirited performances and community engagement, we aim to inspire pride and unity within our rural community.

Your coaches this year:

Kits

Lyric Labrie, Cory Bell, and Jessica Strachan

Cats

Lyric Labrie, Adison Patten, and Jessica Strachan



2024/2025 Season Information

***NEW* Grade 4 Assessments**

Is your child in grade 4? That means they need to do an assessment. This just means that coaches will assess their skills and development to see which team is a right fit for them. If they need work on some of their fundamental skills, they will be placed on the Kits. If they are ready for a bigger challenge, they may be placed on the Cats. Assessments will take place on: September 26, 2024, from 4pm-5:30pm.

Check Out Cheer

Are you unsure if your child will enjoy cheerleading unless they try it first? Would your child like to work on some skills before their placement, or before their season begins? In September, there will be a day when you can come and Check Out Cheer for free! Your child will get to try everything Cheer has to offer: tumbling, stunting, motions, and jumps. Check Out Cheer will take place September 19, 2024, for grades 1-6 (4pm-5:30pm).

Practices and Competitions

Team Name/Level	Practice Dates/Times (Starting October)
Kits (Grade 1-4)/ Primary Beginner	Wednesdays 4pm-5pm One Friday a month. (See schedule)
Cats (Grade 4-6)/ Elementary Novice	Wednesdays 5pm-6:30pm Thursdays 4pm-5:30pm

Competitions

Team	ACA Scholastic Showcase EDMONTON Jan 25	Red Carpet Cheer Classic RED DEER (Feb 7-9 only one of these days)		Rise Up Cheer Challenge EDMONTON (Mar 14 or 15)	Stampede City Showdown CALGARY (Mar 22)	
Kits (beginner level grade 1-4)	? (If we are ready)	X		x	X	
Cats (novice level grade 4-6)	? (If we are ready)	X		x	x	

Team Fees and Breakdowns

Kits Fee for 6 month season: **\$150.00**

What is included?

- practice uniform top
- competition zip hoodie
- music (split amongst the team)
- membership fees (for Alberta Cheerleading Association and Cheer Canada)
- competition fees (split amongst the team)
- competition mini bows
- some travel fees (split amongst the teams)

Cats Fee for 6 month season: **\$150.00**

What is included?

- practice uniform top
- competition zip hoodie
- music (split amongst the team)
- membership fees (for Alberta Cheerleading Association and Cheer Canada)
- competition fees (split amongst the team)
- competition bow
- some travel fees (split amongst the teams)

Due by: November 1, 2024

Refundable until: December 9, 2024

Uniforms, Makeup, and Hair

Practice uniforms will consist of team t-shirts, bottoms (shorts, leggings, or sweats) and indoor shoes (until they have their cheer shoes) hair tied back, jewelry taken out.

Note: as no jewelry is to be worn on the competition mat, it is advisable that you refrain from getting new piercings between the months of November and April. Feel free to get your new piercings after the cheer season has finished!

Competition uniforms will be handed out once sizing is complete, sets are in, and waiver forms are signed and turned in. Competition uniforms will consist of their competition tank, bottom (Kits have shorts and Cats have skorts) white ankle socks, and white cheer shoes.



Each athlete must have their cheer shoes by: January 15, 2025.

Can be found at Amazon, Walmart, or elsewhere with coach approval. All white, athletic, soft soled shoes, no canvas.

Makeup:

Mandatory: Red lipstick

Optional: Mascara, blush, eye shadow.

Hair:

Kits: Low pigtails with one mini bow fixed on each (curly if the competition is on a non school day)

Cats: High ponytail with their bow fixed facing forward (curly if the competition is on a non school day)

Important dates

MANDATORY PARENT/GUARDIAN MEETING:
Thursday October 10 at 5:30PM-7PM at Lakedell School

No practices on breaks, holidays, or PLC* days.

*There will be a cheer practice during the day on Feb 6, 2025 (which is during teacher's convention) as we have a competition that following weekend.

Season end showcase TBA- to take place after last competition.

Note: there may be some unexpected practice cancellations due to unforeseen circumstances such as snow days. Additionally, practices may be rescheduled for a different date to make up for practice loss.

BAND



Band is the application that we use for communication throughout the season. If parents decide they just do not like the app, we will not be making any special arrangements for you. If that is your choice, then you can get communication from another parent.

If you do not know how to sign up with a QR code, I will send an invite to the email sent on your registration form.



**Scan this QR code to join our
BAND!**

Lynx Rules/Policies

Attendance policy

All practices and competitions are MANDATORY. When on a LYNX team, the athlete is expected to commit to always be present to enable their whole team to be successful. Missing even one practice heavily affects the entire team. You must give ample notice to coaches if you MUST miss a competition, so that they can plan for the team's success.

Notice must be given 48 hours in advance to be approved by LYNX coaches and to be counted as an excused absence (unless it is an emergency or severe illness.) Athletes are expected to learn all material covered before the next practice during an absence, this prevents holding back the entire team re-teaching material that has already been taught and mastered.

Unexcused absences will not be tolerated. Unexcused absences can be means for an athlete to be removed from parts of choreography (stunts, jumps, tumbling etc) or be placed as an alternate on their team. If an athlete is unable to participate in practice due to injury or illness, they are still expected to attend practice and modify their training. Failure to attend a competition (with or without notice) may result in an athlete being placed as an alternate or removed from their spot on the team entirely.

Examples of Excused Absences

Severe or Contagious Illness
Family Emergency

Examples of Unapproved/Unexcused Absences

Parties or Gatherings
Work or Other Scheduling Conflicts

Cheerleading is a team sport that requires all of its athletes to attend practice. Not only does a missing child prevent 3-4 other children from practicing but more importantly it becomes a safety hazard, as the athletes cannot properly train.

1. Athletes may only miss 3 practices from October 1- April 20. For emergencies or severe circumstances please contact the coaches directly. Once an athlete has reached their 3 absences, they will start to be removed from choreography and then subsequently the routine.
2. Athletes should strive for zero absences and only miss when absolutely necessary.
3. A coach maintains the right to remove any athlete from choreography for any absences or if the athlete is not fully participating in practices.
4. Refunds will not be given for any fees paid for a child being removed for absences.

5. If an athlete is injured it is still their responsibility to attend all practices to learn choreography and changes if they plan to return to their team after they are cleared to return to practice.
6. Athletes must be prepared to attend all practices and competitions on time as well as dressed appropriately beforehand.
7. Contact your coach before practice if you will be late.
8. If your athlete misses practices leading up to a competition, they will not be permitted to compete.
9. If your athlete is excused with a medical note for an injury, they may need one clearing them to resume practice.
10. Due to unforeseen circumstances practices may be added or removed, it is up to the parent to keep up to date on any information via their teams Band to make the appropriate accommodations for these changes.

Parent/Guardian initials

Practice Rules

1. Athletes must show up to practices on time with hair pulled up and all jewelry removed before their practice commences.
2. No food or beverages on the mats including gum. Only water will be permitted and must be kept in a tightly sealed water bottle. They will only be able to access the water cooler for water bottle refills.
3. Only a certified coach will be allowed to coach and spot athletes.
4. All injuries must be reported to your coach as soon as they occur no matter how insignificant they may seem.
6. Practice tops are to be worn to every practice as well as clean indoor (or cheer) shoes and athletic shorts, sweats, or leggings.
7. Athlete phones/devices are NOT permitted within the training space.
8. Your athlete must be respectful if they are staying after school and attending another teams' practice. (no running around, yelling, etc. They may do something quiet until their practice time, and must ask if they need to access the hallways)
9. Athletes should bring their own healthy snacks to practice.
10. All athletes are expected to help with mat set up and take down, this is a part of their practice participation.

Parent/Guardian initials

Behavior Expectations

1. Behaviors and actions within and out of the gym can be grounds for dismissal if it negatively impacts the Lynx.
2. Disrespect directed towards teammates, done by any athlete or parent/guardian, is grounds for removal from desired stunt positions or placement in the routine or, the program.
3. Lynx has a zero bullying tolerance. Athletes who are found bullying or being unkind to teammates will be suspended from the program, and after another offense subsequently the program.
5. Athletes must follow all hair, makeup, and dress regulations for all practices and competitions unless otherwise specified.
6. At competitions, the highest standards must be upheld by all. (including parents/guardians) inappropriate language, yelling at event staff or others, blatant disrespect, is grounds for immediate dismissal from the program. No refund will be given.
7. No member is permitted to post pictures in uniform or apparel that would reflect badly on the Lynx or athlete.

****Each disciplinary action will be taken on an individual case and will be addressed accordingly****

Parent/Guardian initials

Parent/Guardian Obligations and Expectations

1. Parents/guardians are responsible for explaining all rules to their athlete and ensuring their athletes follow them.
2. Ensure your athlete attends all practices, competitions, and team events on time.
3. Communicate with your coaches if your child(ren) will be late or absent.
4. Parents must join their team's BAND for communication purposes. There will be no special treatment of those who choose not to join the app. You will get an invite in the email you provided on your registration form.

5. Participate and volunteer in fundraising* (every other year), and volunteer at season end showcase.

*if someone chooses to "opt out" on fundraising, you may give a cash donation instead. If this is also not done, you can expect team fees to drastically increase

6. Responsible for transportation of athletes to and from practices*, and competitions if they land on a non-school day. If the competition is on a school day, we will take a bus

*We can arrange for Falun kids to be dropped off by bus for practices.

Parent/Guardian initials

Uniform Policy

Each athlete will receive two uniform pieces* to borrow for the competition season. These uniform pieces will only be worn for the use of performances and competitions. When wearing the uniform in public, it is imperative the athlete acts in a sportsmanlike and well-behaved manner as the uniform represents the image of the program, and those who support us. If the uniform is returned damaged, or not at all, your account will be charged \$70.00/piece.

**boys will receive one uniform piece.*

Parent/Guardian initials