



Xtreme



Outlaws

Registration Information



WHAT'S NEW THIS YEAR???

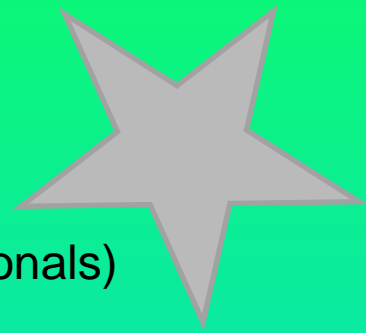
Projected teams include:

recreational 1, mini 1, youth 1 or 2, junior 2 or 3/4, senior 2 and senior 3/4

Competitions:

- Cheer for a Cure
- OCF Regional and Provincials,
- Cheer Evolution Provincials and Nationals (or OCF Nationals)
- elite team U.S. Competition → Chicago

- senior 3 or 4 team will practice July and August one night per week (cost to be shared when cheerleaders are contacted regarding their team placement)
- tumbling classes running throughout summer along with 3 camps and open gym
- interested in cross-over or individual cheerleader/stunt group competitions please indicate on your registration form
- new improved website www.xtremeoutlaws.ca
- returning Outlaws may now proceed to register
- new to Outlaws? Please remain for the uncut version





Tryouts



Team

- each cheerleader's skills have been levelled and teams have been tentatively set based on the number of athletes we have at each level at our tryout *
- for individual feedback and tentative placement see us following the registration
- cheerleaders can be reassessed at the end of August (by appointment) before our Team Formation Day
- every effort will be made to match cheerleader's age, skills, and strengths with a suitable team
- "Xtreme" teams are designed to max out each level in their division



This Year's Teams

as of May 30th, 2010

Mini – level 1

Youth – level 1

Junior – level 2 or 3

Senior – levels 2,3or4

Adult – level awesome



Our Xtreme Outlaw Coaching Philosophy

- ★ Every cheerleader needs to be challenged, progress, be successful and have fun
- ★ Cheerleading practices primarily focus on team skill building and choreography
- ★ Choreography involves strategically performing our best skills. During a routine, every athlete should be showcased for their strengths at some point during the routine. This could involve being in the front (or highly visible location) for a part of a dance, motions, jumps, stunts, and /or tumbling sequence.
- ★ We strive to help each individual meet their personal cheer goals.
- ★ Coaching will be done in a positive, constructive way at all times. We like to work through challenges ..to make **it** happen





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Information Package
(rules, regulations and guidelines)

Welcome

- a little “Outlaw” history
- about our coaches and their credentials



What is Competitive Cheerleading?



- ★ one of the fastest growing sports in Canada
- ★ combines stunting, dance/motions, tumbling and jumps into a 2.5 minute routine (which constantly evolves over the season)
- ★ teams participate in competitions from late Fall to mid-May (Nationals)
- ★ we are not cheering for other sports teams, but to master and compete in our own sport against other all-star teams of an equivalent level

Commitment



- ★ Parent and cheerleader's need to recognize the importance of being fully committed to team practices, competitions, and cheer-related events
- ★ Although this is a team sport each position on a team is unique
- ★ Absences – excused – ill (but if you have a heart beat come actively watch new stunting, choreography, skills), serious family matters, preplanned absences (prearranged with coaches).
- ★ Inexcused – homework, baby-sitting, working, shopping, dances...
- ★ Frequent absences, absences occurring within a month of competition, or inability to actively participate may result in changes to your position in choreography or removal from an upcoming competition .
- ★ ***exams, semi's, formals...

Other General ★ Important Stuff





- communication
- safety-jewellery, nails, hair accessories, gum
- supervision
- competitions
- parent volunteers-giving back, sponsorships
- transportation to events
- team moms
- cheerleading shoes, uniforms, Xtreme Wear
- rules and regulations
- internet
- leadership
- expectations
- fundraisers, sponsorships
- conduct, fan rules





Schedules, Fees and other Important Stuff



We are closed statutory holidays – Canada Day, Labour Day, Thanksgiving, Winter Break, Family Day, Good Friday, Easter Sunday, March Break

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- Competitions
- Cheer for a Cure
 - Cheer Alliance Provincials
 - Cheer Alliance Nationals
 - Q.C.F. Montreal, Quebec
 - U.S.A. Competition-Chicago
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*this schedule is tentative and may/will most likely change

- Payment terms and conditions
 - Sibling rates
 - Late fees and returned cheques
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The “Fine” Print



The Xtreme Outlaws Cheerleading Inc.

–Release and Indemnification Agreement

- carefully read the fine print before signing...after all your cheerleader is about to become an **“OUTLAW”!!!!**

WELCOME to the OUTLAW family...