



Cheer Sport Sharks

T.O.P.S

2017 - 2018
Information Package

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Talent Opportunity Program

At Cheer Sport Sharks we pride ourselves in having some of the most talented athletes in the country. Last season we introduced a new program to ensure our young athletes have the most opportunities possible to become the best athletes they can. We want to develop these athletes as future Shark elite athletes and have them grow up and progress through our program so that one day they can be T.O.P athletes on our Worlds teams.

The Talent Opportunity Program is a program we have adopted from USA gymnastics and will be used to identify talented Shark athletes that would like to accelerate their development through additional training time with some of top instructors.

This past season this program was only offered at our Cambridge as we tested it out. We have had such a great response and success with the program that we are confident it will be a hit at the other locations as well. In Ancaster, Ottawa, and Milton this program will start in September 2017, with tryouts being held at the end of August. We are so excited to see the growth in this program as we continue to build up our athletes to be the best they can be.

Program Objectives

The goal of T.O.Ps is to identify athletes with a "special" talent that if coached right, can become very high level cheerleaders, the program is focused mainly on strength, conditioning, and flexibility. TOPs athletes will also learn specific skills that are key building blocks to other high level tumbling skills. They will be able to learn these at a faster pace than the typical program due to the extra strength and training they will gain. In general, increasing overall fitness for tumbling progression and developing the athletes safely.

"I thought the TOPS program was outstanding! I have no idea how you had those girls smile and laugh so much through so much hard work but it was like magic. Kara loved it and hated to miss for any reason. I wish that people knew how much it would help improve athlete skills in tumbling and stunting. Do you stunt in TOPS? No. Do you tumble in TOPS? Not Really. Usually just the basics. BUT....wow! Does my girl have power now that she did not have before."

- Kim Chapman

Requirements

- Aged 7 and older (Group may be split based on ages)
- All levels class (1.5 hrs) must have a confident back walkover. 3+level (2 hrs)
Must have a confident standing back handspring series
- Athlete that shows steady improvement & stands out amongst their same aged peers
- Athlete that is coachable & makes corrections and changes when provided with feedback
- Athlete that wants MORE – they are asking to do more and would be at the gym everyday if they could be
- Athlete that says “When I grow up I want to be a Great White Shark” or “I want to compete at Worlds”
- Athlete that has the natural physical disposition and show natural potential and if given additional attention & opportunity, will develop with better technique and a stronger mind and body

Tryout Dates

Ancaster, Milton, Ottawa : August 21st, 2017 6PM-7:30PM

(Tryout may not take the full 1.5 hours, depending on # of athletes)

Registration

Pre register on Amilia

If you are unable to attend this tryout but would still like to be considered for the class there is a \$10+HST tryout fee and days and times will be subject to coaches availability.

Contact: kellie@cheersportsharks.com

Schedule and Fees

Cambridge

MONDAY 5:30-7:00PM All Levels

COST: Pay in Full \$600/ \$55.00 Monthly payments (June-April)
40 Classes with Coach Pitsy

Approx 45-60 mins will be used for warm up, conditioning, core strengthening, flexibility & building body strength using the TOPS program created for US National bound gymnasts as a guideline. This will be followed by an additional 45-60 min of Tumbling and Jumps training. We have incorporated lots of themed days to keep it fun while pushing the athletes to reach new goals (example sticker days, 100 days, testing days, etc) A MAX # of 8 athletes will be selected for this class.

TUESDAY 5:30-7:30PM LEVEL 3 +

COST: Pay in Full \$900/ \$82.00 Monthly payments (June-April)
45 Classes with Coach Taylor

Approx 60-75 mins will be used for warm up, conditioning, core strengthening, flexibility & building body strength using the TOPS program created for US National bound gymnasts as a guideline. This will be followed by an additional 60-75 min of Tumbling and Jumps training. We have incorporated lots of themed days to keep it fun while pushing the athletes to reach new goals (example sticker days, 100 days, testing days, etc) A MAX # of 8 athletes will be selected for this class.

WEDNESDAY 5:15-7:15PM LEVEL 3 +

COST: Pay in Full \$667.50/ \$61.00 Monthly payments (June-April)
35 Classes with Coach Power

Approx 60-75 mins will be used for warm up, conditioning, core strengthening, flexibility & building body strength using the TOPS program created for US National bound gymnasts as a guideline. This will be followed by an additional 60-75 min of Tumbling and Jumps training. We have incorporated lots of themed days to keep it fun while pushing the athletes to reach new goals (example sticker days, 100 days, testing days, etc) A MAX # of 8 athletes will be selected for this class.

THURSDAY 7:30-9:30PM LEVEL 3 +

COST: Pay in Full \$667.50/ \$61.00 Monthly payments (June-April)
35 Classes with Coach Stamper

Approx 60-75 mins will be used for warm up, conditioning, core strengthening, flexibility & building body strength using the TOPS program created for US National bound gymnasts as a guideline. This will be followed by an additional 60-75 min of Tumbling and Jumps training. We have incorporated lots of themed days to keep it fun while pushing the athletes to reach new goals (example sticker days, 100 days, testing days, etc) A MAX # of 8 athletes will be selected for this class.

Schedule and Fees

Ancaster

MONDAY 6:15-7:45PM (1.5hrs) - All Levels

COST: Pay in Full \$390/ \$49 Monthly payments (September-April) + HST
26 Classes with Coach Korri

Approx 45-60 mins will be used for warm up, conditioning, core strength building, flexibility & strengthening following the TOPS program created for US National bound gymnasts as a guideline. This will be followed by an additional 45-60 min of Tumbling and Jumps training. We have incorporated lots of themed days to keep it fun while pushing the athletes to reach new goals (example sticker days, 100 days, testing days, etc) A MAX # of 8 athletes will be selected for this class. *

* This class will be start in September 5th, 2017. Calendar of dates will be sent out to the class once it starts

WEDNESDAY 6:00-8:00PM (2 HRS) - LEVEL 3+

COST: Pay in Full \$580/ \$73 Monthly payments (September-April) + HST
29 Classes with Coach Denise

Approx 60-75 mins will be used for warm up, conditioning, core strength building, flexibility & strengthening following the TOPS program created for US National bound gymnasts as a guideline. This will be followed by an additional 60-75 min of Tumbling and Jumps training. We have incorporated lots of themed days to keep it fun while pushing the athletes to reach new goals (example sticker days, 100 days, testing days, etc) A MAX # of 8 athletes will be selected for this class.

** This class will be start in September 6th, 2017. Calendar of dates will be sent out to the class once it starts



Schedule and Fees

Ottawa

WEDNESDAY 5:00-6:30PM (1.5HRS) - ALL LEVELS

COST: Pay in Full \$435/ \$55 Monthly payments (September-April) + HST
29 Classes with Coach Aimee

Approx 45-60 mins will be used for warm up, conditioning, core strength building, flexibility & strengthening following the TOPS program created for US National bound gymnasts as a guideline. This will be followed by an additional 45-60 min of Tumbling and Jumps training. We have incorporated lots of themed days to keep it fun while pushing the athletes to reach new goals (example sticker days, 100 days, testing days, etc) A MAX # of 8 athletes will be selected for this class.

** This class will be start in September 6th, 2017. Calendar of dates will be sent out to the class once it starts

MONDAY 5:30-7:30PM (2 HRS) - LEVEL 3+

COST: Pay in Full \$520/ \$65 Monthly payments (September-April) + HST
26 Classes with Coach Aimee

Approx 60-75 mins will be used for warm up, conditioning, core strength building, flexibility & strengthening following the TOPS program created for US National bound gymnasts as a guideline. This will be followed by an additional 60-75 min of Tumbling and Jumps training. We have incorporated lots of themed days to keep it fun while pushing the athletes to reach new goals (example sticker days, 100 days, testing days, etc) A MAX # of 8 athletes will be selected for this class.

** This class will be start in September 11th, 2017. Calendar of dates will be sent out to the class once it starts

Milton

THURSDAY 6:30-8:00PM (1.5HRS) - ALL LEVELS

COST: Pay in Full \$435/ \$55 Monthly payments (September-April) + HST
29 Classes with Coach Dana

Approx 45-60 mins will be used for warm up, conditioning, core strength building, flexibility & strengthening following the TOPS program created for US National bound gymnasts as a guideline. This will be followed by an additional 45-60 min of Tumbling and Jumps training. We have incorporated lots of themed days to keep it fun while pushing the athletes to reach new goals (example sticker days, 100 days, testing days, etc) A MAX # of 8 athletes will be selected for this class.

** This class will be start in September 11th, 2017. Calendar of dates will be sent out to the class once it starts

Team Placement Information

If you think your son/daughter has what it takes to be training with the TOPs select 2017-2018 groups, please pre register on Amilia.

“The coaches were fabulous at making this not only challenging but fun. Conditioning has to be one of the least favourite parts to cheer but somehow they made it enjoyable - My daughter refused to miss any of the classes!”

