



2022

2023

INFORMATION PACKAGE
MINI TSUNAMI LEVEL 1

*Vancouver All Stars is committed to excellence.
We strive to teach our athletes valuable life skills through cheer. We aim to
build self-confidence, character, and a good work ethic. We value effort,
diligence, teamwork, and good sportsmanship.
VAS is a community of positive leaders fueled by passion, pride, and spirit.*

Welcome to the Vancouver All Stars and congratulations on your team placement.
We are so excited for the 2022-23 Season as VAS is beginning our 23rd season.

Ages for Level 1 Full Year Teams:

Mini Tsunami is for athletes both in the years 2014-18

Mini Tsunami is a Competitive Cheer & Tumble Team that goes full year. It will focus on learning tumbling skills, team work, building confidence, learning and perfecting dance, basic stunting skills, memory with having to learn a routine to compete. All while making new friendships.

Summer Training: Thursdays 5:00-6:30pm. *Option to Start in September.

Summer Practices: There are 6 weeks in total:

July 7, 14, 21, 28 & August 11, 18 only

The Tsunami Team will begin with twice a week mandatory practices in September after Labour Day weekend. In order to participate on a VAS team, you will need to fill out the online waiver & contract agreements that you will be prompted to fill out when you login to jackrabbit the next time. Filling this out avoids having to fill out a paper waiver.



APPAREL

TEAM UNIFORMS

Tsunami will wear a uniform similar to the one on the right. This is a very comfortable and practical uniform that can also be worn for practices. The cost is \$125 with Hair Bow(s) or Scrunchies included. Payment will be collected at time of pick up. *Mid November

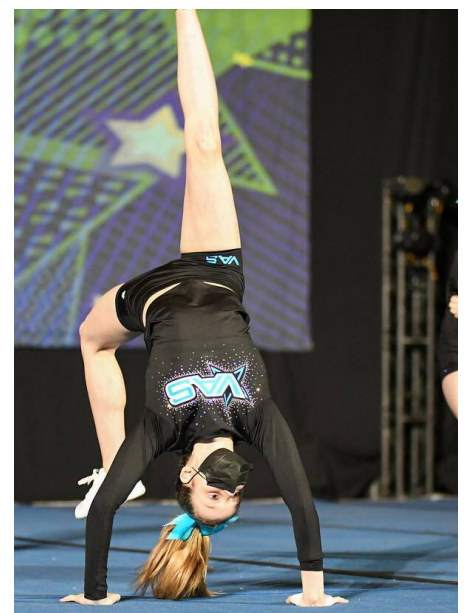
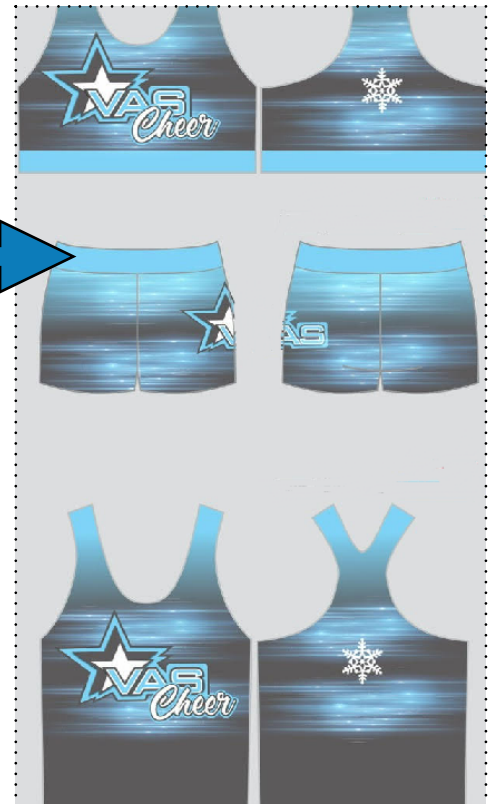
Team Practice Wear (*Photo shows 22-23 apparel*)

All level 1, 1.5 & L2 athletes will have team practice wear to be worn at designated weekly practice. Athletes receive a pair of shorts and their choice of tank **OR** bra style shirt for \$80. If an athlete would like for an additional piece, there will be an added cost. Payment for this practice wear is collected when apparel arrives.

Team Hair Bows / Scrunchies will be decided per team and will be approximately \$20-\$25 (U8 & U12)

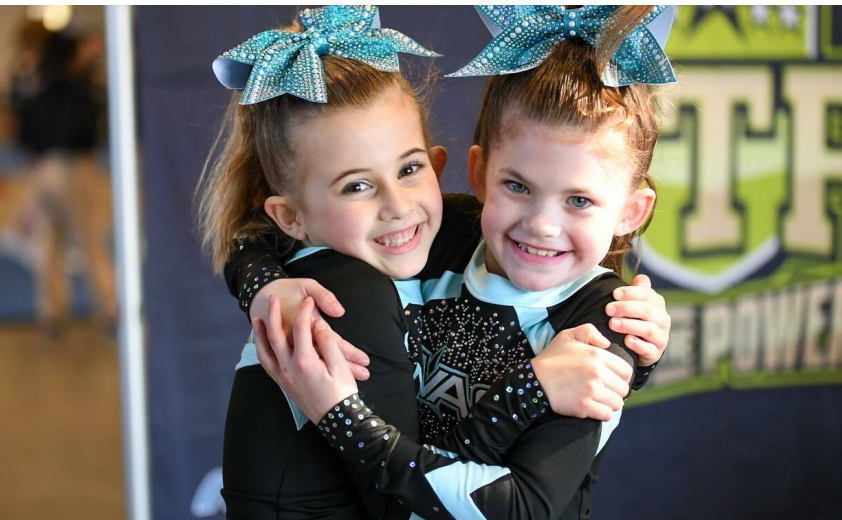
Athletes will receive a gym wide 2022-23 Tank Top
**(cost is \$27 +gst - charged at time of arrival).

No additional mandatory apparel is required for Tsunami



PRACTICE SCHEDULE

TEAM	SUMMER PRACTICE	FALL PRACTICES
U8 Mini Tsunami Team **3hrs	Thurs 5:00-6:30pm	Tues 4:45-6:15pm Thurs 5:00-6:30pm



TEAM FEES

FEE	Tsunami Team Fees
Annual Membership & Insurance Fee *Due June 10th (*inc your Cheer BC & Canada Member Dues)	\$50
Summer Training *6 Weeks X 90 min each	\$85
Sept - June TUITION *3 Hours per week	\$155
COMPETITION FEES	\$210

The Sept-May monthly tuition fee takes into consideration when the gym is closed. Holidays/Spring Break/Worlds Week & Closures have been factored in and fees are never pro-rated due to closures unrelated to Covid or Snow/weather/unforseeable circumstances. *Please read the Waiver/Contract when prompted in your portals to ensure you know our cancellation and/or early termination policies.

COMPETITION SCHEDULE

Competition fees for all events is \$210+ GST & this includes the cost of your athlete competing and the cost to have your team coaches attend the event.

COMPETITION, Location	DATE
VAS Showcase, G Force Gym South	Sat November 26th
PINK Cheer Competition, Richmond Oval	Sat Dec 10
Snowflake Competition, Richmond Oval	Sat, Jan 14th
Cheerfest Competition, Abbotsford	Sat Feb 4th
Sea to Sky International Championships, Vancouver	Sat April 1st

TRAINING SCHEDULE & IMPORTANT DATES

SUMMER MINI BREAKS *GYM IS CLOSED

June 24th - July 3rd

MINI BREAK #1

July 29th - August 7th

MINI BREAK #2

IMPORTANT DATES

Competition Fees Due

Sept 16th 2022

\$210 +gst

October 8th-10th

CLOSED - THANKSGIVING

Fri, November 11th

CLOSED - REMEMBRANCE DAY

December 17th - January 2nd

CLOSED - HOLIDAY BREAK

Mon, February 21st

CLOSED - FAMILY DAY

March 11th - 24th

CLOSED - SPRING BREAK

Sat, March 25th

First practice back

Regular Times

Sun & Mon April 8th-10th

GYM CLOSED - EASTER

*We will be hosting a choreography camp over Fri, Sept 23rd & Sat Sept 24th *Exact Schedule tbd. \$55 Fee. Please put this on your calendars.

*Any schedule / Fees updates will be provided in September as we have guessed in some places because Events still haven't releases their final dates/pricing.

*Team members receive a 25% discount on gym tumbling classes



SUMMER CAMPS



G FORCE GYM PRESENTS.

FORCE GYM

5 Weeks to Pick From:

- Week 1: July 4-8
- Week 2: July 11-15
- Week 3: July 18-22
- Week 4: Aug 8-12
- Week 5: Aug 15-19

ONLINE REGISTRATION IS NOW OPEN!

SUMMER CAMPS:

**CHEER & TUMBLE
NINJA & TUMBLE**

3-DAY MINI CAMP
For Campers aged 4-6

Full Day Option ~ \$225
9am - 3pm *Ages 6+ M-F

Half Day M-F ~ \$145
9:00-11:45am or 12:15 - 3:00pm

3-Day Mini Camp ~ \$90
9:00-11:30am T, W & Th

A La Carte:
*Ask us for certain days

CONTACT US:  gforcegymsouth@gmail.com  www.vancouverallstarcheer.com/south

SUMMER CLASSES

SUMMER 2022 ~ JULY & AUGUST	
Tuesdays	
TIME	CLASS
4:15-5:00pm	Ninja Tuesdays
5:00-5:45pm	Ninja Tuesdays
5:45-6:30pm	Ninja Tuesdays
5:15-6:00pm	Tumbling L1.5-2
6:00-8:00pm	Lady Lightning
Wednesdays	
TIME	CLASS
4:00-5:00pm	Tumbling L1.5-2
4:00-5:00pm	Tumbling L2-3
5:00-7:00pm	Super Cells
7:00-7:30pm	Flyers Class
7:30-9:00pm	Stunt & Tumble Night
Thursdays	
TIME	CLASS
5:00-6:30pm	Mini Tsunami
5:00-6:00pm	Cheer & Tumble *6 Weeks
6:00-6:45pm (7:00 Clean)	Ninja & Tumbling *ALL Ages



Online Registration for Tumbling Classes opens June 1st