

# 2023 2024 PFC Tryouts

Tryouts are held in the spring for our traveling teams so that they can lightly train over the summer preparing for the fall season. We have team placements in the fall to confirm and to roster the rest of our PFC teams. Attending tryouts and summer training is required for our level 3+ teams. If you have any questions or if you need an alternate tryout plan, please email [info@prairiefirecheerleading.ca](mailto:info@prairiefirecheerleading.ca).

If you have a young athlete who is interested in the tryout process but is uncertain about what you want to commit to, COME! It is a good opportunity to learn about the process and to take a brave step forward. We will be adding an academy and/or travel team training opportunity this year for any athletes who do not get rostered on our L3+ teams. We want to encourage more athletes to experience our summer training opportunities.

**NEW** this year we hope to add either a **U18 level 3 team** (Heat) **OR** a **U12 level 3 team** (Flare) depending on the need and interest. We will only be adding one of the two.

**NEW** this year we are exploring a third **Open level 3-7 team** (Bombshells).

**NEW** we are also planning on a crossover **U16 traveling team**. This team would be a crossover team bringing together several athletes from other PFC teams and giving them a travel experience (perfect for Fireworks, Firestorm, and Flare athletes). This team will likely be level 2 and compete locally, as well as national or internationally. Practice and competition schedules for this team would compliment any other team and athletes that crossover. Please attend tryouts if you are interested in this team.

## TRYOUTS AND TEAM PLACEMENTS

Tryouts happen for our Crossover Team (U16 TBD), U12 level 3 (Flare), U16 level 3 (Wildfire), U18 Level 3 (Heat), U18 Level 4 (Code Red), Open L3-7 (Bombshells), and our Worlds team (Fever). Athletes interested in our Open L3-7 team may be asked to train over the summer as well. You will be able to sign up online [here](#) for \$10/athlete.

**Note:** that these teams **are all** dependent on athletes etc. and there is no guarantee that all of the teams listed above will train in the 2023 2024 season.

## AGE GUIDELINES

Ages in our sport are calculated based on the year of the competition season. An athlete is age eligible if they are of the given age for that category.

|                               |                            |
|-------------------------------|----------------------------|
| U6                            | birth ages 2017-2019       |
| U8                            | birth ages 2015-2019       |
| U12                           | birth ages 2011-2016       |
| U16                           | birth ages 2007-2012       |
| U18                           | birth ages 2005-2010       |
| International Open (ages 15+) | birth ages 2008 or earlier |

## **SUMMER TRAINING**

Training for **U12-U18 level 3/4 (Flare/Wildfire/Heat/CodeRed)** will include weekly leveled tumbling times\*, and a required four-day camp on July 31-August 3 from 1:00pm-4:00pm. The four-day camp will be available upon tryout invite by June 21 and costs \$190. \*weekly leveled tumbling classes are approx \$100.

We will also be inviting athletes to train with our **U16 Travel Team** and/or our **Academy** July 31-August 3 from 9:00am-12:00pm. This camp will run the same as those above but will be for those athletes we would like to consider for our Travel Team, Flare, Wildfire, Heat or Code Red. This is a great place to work on skills with our awesome coaches especially if you want to be part of the teams listed above. The four-day camp will be available upon tryout invite by June 21 and cost \$150. Weekly leveled tumbling classes are optional but recommended.

## **END OF SUMMER TRAINING**

All Level 3+ teams (ex. Flare, Wildfire, Heat, and Code Red) will train the week after team placements on August 28-August 31 from 5:30-7:30pm.

## **SUMMER TRAINING FOR WORLDS TEAMS**

Training for **IO5 (Fever)** will include weekly leveled tumbling times and weekly training times on Wednesdays from 7:00pm-9:30pm (June 28, July 5, 12, 19, 26, Aug 2, 9, 16, 23). The weekly training will be available upon tryout invite by June 21 and costs \$210. You also need to register for a summer session tumbling class which costs approximately \$100.

## **REGISTRATION FOR TRYOUTS**

Please register [here](#). Tryouts cost \$10/athlete.

Tryouts will happen on Friday June 16 and Saturday June 17, 2023.

Friday 500-700pm Athletes born in 2006-2015 (U12 & U16 & U18)

Friday 730-930pm Athletes born in 2008 and older (U18 & Open)

Note: if you are interested in the Open Teams (Fever or Bombshells) please attend the Open tryout rather than the travel team tryouts.

### **Tryouts will include:**

An introduction, warmup bodies, and split into groups. Within these groups you will be asked to warm up your best standing and running tumbling skills as well as a jump tumble skill. Some of these skills can be done on equipment to show future progress (ex. I can show a RO BHS BT on the floor and a RO BHS LO on the trampoline). We will record a video of each athlete completing these skills. Athletes will also do some testing and a possible interview with coaches to clarify some information. Next, in stunt groups, athletes will be asked to show off some specific stunting skills. We will provide a list of skills to choose from and they can be practiced before the tryout date. We will end the tryouts with some conditioning for our bases and testing for our tops.

### **What you need:**

Please come in gear that you can train in. Tops wear shorts. Bring a water bottle and a positive attitude.

### **What we need from you:**

Prior to the Tryout athletes will be asked to submit some information about themselves and their hopes for the 2023 2024 season as well as fill out some information when you sign up for tryouts.

## 2023 2024 Fever

### **TRAINING**

This year Fever will be training three 3 hr practices on Monday, Wednesday, Friday. Starting Feb 27, Fever will have the option to change to shorter four practices per week adding a Tuesday practice in addition to the other three practices. This practice change will be managed by the team and coaches by Nov 1, 2023.

### **COACHING**

This year coaching will be led by Tara and Brayden with Kim and Todd helping.

### **CHOREOGRAPHY**

This year we will have outside choreographers coming in to assist coaches on October 13-15, 2023. Choreo revisions will be made in mid-February 2024.

### **COMPETITIONS**

Fever will be attending local competitions and Bid competitions out of province. We are considering attending a competition like NCA or Cheersport to build experience on a big stage. Competition decisions will be finalized in September 2023.

### **ADDITIONAL COSTS**

summer training, fall retreat, monthly social activities, team gear (bottoms, bra top, shirt/sweater), travel costs to competitions, and flights, accommodations and transport at Worlds.

### **FUNDRAISING FOR TRIP**

Next year we would like to consider fundraising by the team and local sponsorship to help with the costs of being part of a Worlds program.

## 2023 2024 Travel Team

We would like to provide a crossover team that provides an additional opportunity for specific athletes. Within each level and team there are athletes who have been in that level for more years, who are not quite ready to move up a level but are excelling in their level. Some of these athletes want additional opportunities. This team will practice once a week (with some additional practices as needed) and will focus on attending a travel competition (ex. Sea to Sky in Vancouver). The scheduling of the team practices and competitions will not conflict with their first team practices or competitions. The cost of the team will be around \$300 and the cost of travel. This is meant to provide training experiences that the first team cannot provide this year. The team division and level will be decided based on interest and the needs/skills of the team.

## 2023 2024 Bombshells

PFC has offered several Open aged teams over the years. Most consistently, we have had a Worlds team (lots of commitment and experience needed) and Recreational competitive team (much less commitment, cost and no need for experience at all). We would like to offer another alternative. This NEW team will require a placement or tryout, it will cost more than Hotshots, but not as much as Fever. This team will travel and compete in a way that will require commitment and some level of experience. We hope that this will also allow athletes to continue to grow and improve and make the Worlds team an option in the future if the athletes choose.