

# **Prairie Fire Cheerleading**



**WELCOME  
PACKAGE  
2026/2027**

*21 seasons of excellence*



# Prairie Fire Cheerleading

## Table of Contents

**01** About PFC

**02** Start Here

**03** Our Teams

**04** Schedule

**05** Fees

**06** Competition Schedule

**07** Discounts, Uniforms, FAQ

**08** Team Progression Pathways

**09** Requirements & Level Appropriate Skills

01

# About PFC

**“be humble, be hungry, and always be the hardest worker in the gym.”**

**2026 marks the beginning of our 21st season of excellence.  
Over two decades of All-Star Cheerleading, because of you!**

**We are excited to welcome you to our most competitive season yet. Here’s to another year of training, routines, competition, and travel as we continue to grow together as a community.**

**Cheerleading provides individual athletes opportunities for personal success combined with the benefits that come with being part of a team. Commitment, trust, and connection are an important part of cheerleading topped off with the excitement of performing. With over 350 athletes and 30 certified coaches, we have a place for everyone!**

**At PFC, we operate a responsible business, we create a place for everyone to be successful, and we strive to create a family for athletes and parents alike. In the gym we guide our coaches and athletes with these club words: Family, Positivity, Leadership, Perseverance, Confidence, and Excellence.**

**We look forward to sharing our family with yours.**

# START HERE!

what type of program do you want?

02

## PRE-COMPETITIVE (IN-HOUSE SHOWCASES ONLY)

Our pre-competitive stream is a recreational program for athletes aged 3-12 and for families who want to try out our sport, have additional commitments to other activities, or are wanting to keep expenses down. These teams run once per week on Saturday's in a non-competitive environment. They offer athletes the opportunity to perform at showcases while learning about our sport. Athletes learn all aspects of cheerleading and will learn up to a full routine depending on age ranges.

There is no competition, uniform, or travel expense for this stream. You can choose to pay everything at registration, or set up a monthly installment option with a \$150 initial payment. **If you would like to join pre-competitive, please register [HERE](#).**

## COMPETITIVE (SASKATCHEWAN/ALBERTA COMPETITIONS)

Our competitive stream is intended for new and returning athletes born in 2022 or earlier who are interested in committing to two or three practices per week in a more competitive environment. These teams require a higher level of commitment and have competitions and travel opportunities within Saskatchewan and Alberta.

### IMPORTANT DATES:

**Level 3+ Tryouts: June 12 & 13, 2026**

**3+ & Academy Week Long Camp: July 13-16, 2026**

**Alternate Placement Date: Aug 7, 2026**

**Level 1 & 2 Placements: Aug 17-19, 2026**

**Final Team Lists Go Out: August 21, 2026**

**Open House & Uniform Sizing: August 23 & 30, 2026**

**Firestorm, Code Red, Wildfire & Heat Weeklong: Aug 24-27, 2026**

**Choreography (Summit & Worlds): September 17-20, 2026**

**Regular Season 1<sup>st</sup> Practice: August 31, 2026**

**Choreography (U16 LEVEL 2 & 3): October 2-5, 2026**

## NOVICE (SASKATOON ONLY COMPETITIONS)

Our Novice team is a U12 team that practices 1x per week.

This team will only compete at competitions in Saskatoon/Warman. It is a wonderful bridge opportunity to try our competitive programming with a slightly lower cost and less commitment.

This team will have competition and uniform expenses, but does not require a team placement. You can choose to pay your full tuition at registration, or set up a monthly installment option with a \$200 initial payment. **If you would like to join our novice team, please register [HERE](#).**

**Once you have completed your registration you will receive an emailed invoice. Please check your account calendar for practice dates. You will receive an email from us in the last week of August with details about our open house dates and the first week of practices.**

## LEVEL 3+ TEAMS (NATIONAL/INTERNATIONAL TRAVEL)

Level 3-7 teams have training over the summer preparing for the fall season. These teams are for athletes who are born in 2015 or earlier and require a higher level of commitment (3+ practices/week). They compete in Saskatchewan, throughout Canada, and sometimes internationally.

## PLACEMENTS/TRYOUTS

## ABILITIES TEAM

We are considering having a demo only abilities team this upcoming season. Please contact us if you have athletes who may be interested.

Adaptive Abilities may have physical, neurological and/or intellectual disabilities. The team we are exploring would be unified meaning there would be assistant/helper coaches and athletes on the floor.

# OUR TEAMS

03

**IMPORTANT:** all of our communication will be sent through our online platform at [www.prairiefirecheerleading.ca](http://www.prairiefirecheerleading.ca). Please ensure your contact information is up to date, and if you ever change your email address or want more than one email address to get news, updates, and important information from us ensure that you update your account using the account details tab. If you opt out of our emails you may miss important information about competitions, classes, and registration.

## What are we offering this year?

Our teams are split by age, level, experience, and amount of practice commitment. Age divisions are determined by the International All Star Federation (IASF) and Cheer Canada (CC). Ages in our sport are calculated based on birth year. An athlete is age eligible if they are the given age for that category at any time between January 1, 2027 and December 31, 2027.

**Note:** We roster our teams using the IASF/CC division list but we build teams based on ages that are best for teams and athletes. As a general rule our U6 and U8 athletes stay in their age-appropriate divisions until they are required by birth year to move up. Please follow the guidelines below for the appropriate team options for your athlete.

## TEAM PLACEMENTS

Athletes will have the opportunity to meet the staff, have some fun, and learn and show off their skills working with coaches on stunting, jumping, and tumbling. The team placement process enables us to build teams with like-minded athletes. This allows everyone to have success with the skills and abilities they bring to their team. After team placements are completed, you will receive an email with your team information including registration directions. You will have the team information on Friday, August 21st, 2026 at 5pm. Everyone is placed on a team, so please make sure your contact info is correct and check your junk folder if you do not see anything from us.

Age Division	Birth Years
U6 (ages 4, 5 & 6)	2020-2022
U8 (ages 7 & 8)	2018 & 2019
U12 (ages 9-12)	2014-2017
U16 (ages 11-16)	2010-2015
U18 (ages 13-18)	2008-2013
Open (ages 16+)	2011 and earlier

**ROSTERING:** Please remember that every year your position will depend on each team and who is on it; age, height, reach, and experience are all factors. If you were in one position last year, it could change this year, remember that this makes you a diverse and valuable asset to all teams.

## NOTE FOR LEVEL 3+

If you are joining a level 3+ (Heat, Wildfire & Code Red) team you are expected to attend BOTH camps that take place. These are July 13-16 daytime (9-12 or 1-4) and August 24-27 evening (5-7 or 7-9).

If you are joining a Worlds team (TNT or Fever) you are expected to attend Wednesday evening practices (7-10pm) from July 8-August 19.

## ATTENDANCE POLICY OVERVIEW\*

- A Vacation/Excused absence form is available for the upcoming season. Please complete by September 15, 2026.
- Any unscheduled absences or missed practices may lead to position or roster change.
- Any athlete who misses either of the last 2 practices before competition may be removed from the routine.
- Any athlete missing practices between a competition may be removed from the next competition.
- 10% time absence will result in removal from floor.

\*Our full policy can be viewed on the form below

## NOTE FOR FIRESTORM

This season we are pushing for a more competitive roster for Firestorm (U16 Level 2). This means that we will be having a weeklong camp for Firestorm August 24-27 from 5-7pm. We will also be having an external choreographer come in for this routine on October 2-5, 2026. If you are hoping to be rostered on this team, we recommend attending our level 3+ tryouts to join the academy camp in July.

**2026/2027**

**ATTENDANCE FORM**

# TENTATIVE SCHEDULE

Please note that practices schedules are subject to change based on final rosters & teams. This schedule is based around our current gym space knowing that our plan is to move into a different/additional space this season. If we acquire a new facility in any capacity the schedule will change.

Team Name	Division	Practice Times	
Flicker (2022-2020)	U6 PC	Saturday 9:30-10:30am	
Kindling (2019 & 2018)	U8 PC	Saturday 10:30-11:30am	
Firestarters (2017-2014)	U12 PC	Saturday 11:30am-1:00pm	
Flames (2017-2014)	U12 Novice	Saturday 1:00-2:45pm	
Firebugs	U6 Prep 1	Sunday 10:00-11:30am & Wednesday 5:00-6:30pm	
Burn	U8 Prep 1	Saturday 9:30-11:00am & Monday 5-6:45pm	
<b>NEW</b> Sparks	U8 Prep 1	Saturday 9:30-11:15am & Thursday 5:00-6:45pm	
Firecrackers	U8 Level 1	Tuesday 5:00-6:45pm & Thursday 5:00-7:00pm	
Spitfires	U12 Prep 1	Saturday 11:00am-12:30pm & Wednesday 5:00-6:45pm	
Crossfire	U12 Level 1	Saturday 12:15-2:15pm & Thursday 6:45-8:30pm	
Ignite	U16 Level 1	Saturday 2:15-4:30pm & Wednesday 6:45-8:30pm	
		Practice Times	Tumbling
Fireworks	U12 Prep 2	Sunday 11:00-1:00pm & Wednesday 5:00-7:00pm	Optional
Flare	U12 Level 2	Sunday 11:30am-1:45pm & Wednesday 6:30-8:15pm	Optional
Firestorm	U16 Level 2	Sunday 1:00-3:15pm & Tuesday 6:45-8:45pm	Optional
Heat	U16/18 Level 3/4.0	Monday 5:00-7:15pm & Thursday 7:00-9:15pm	Sunday
Wildfire	U16 Level 3	Tuesday 5:00-7:15pm & Friday 7:30-9:45pm	Sunday
Code Red	U18 Level 4	Tuesday 7:15-9:45pm & Friday 5:00-7:30pm	Sunday
Fever	Open Level 5	Monday 7:15-10:15pm, Wednesday 7:30-10:00pm & Friday 7:00-10:00pm	
TNT	Open Level 6	Monday 7:30-10:00pm, Wednesday 8:30-10:00pm & Friday 5:00-7:30pm	Optional Sunday
Bombshells	Open Level TBD	Sunday 3:15-5:15pm & Thursday 7:00-9:30pm	Optional Sunday
<b>NEW</b> Ashes	Adult Team	Sunday 5:15-7:15pm	
<b>NEW</b> Luminosity	Abilities Team	Saturday 2:45-4:45pm	

Prep: shortened routine focusing on technique rather than difficulty to maximize safety and progressions.

NT: Non-Tumble

Schedule may always adjust/change depending on rostered teams

**PLEASE NOTE THAT WE OFFER MONTHLY PAYMENT PLANS FOR TUITION, COMPETITION FEES, AND UNIFORMS. AN INITIAL PAYMENT OF THE ADMIN FEE/UNIFORM DEPOSIT ARE DUE BEFORE THE FIRST TEAM PRACTICE.**

**ADDITIONAL FEES NOT LISTED ABOVE ARE: COMPETITION FEES, SCA/CHEER CANADA MEMBERSHIP & TEAM GEAR FEES FOR LEVEL 3+ TEAMS**

Tuition from September-March						
Team Name	Admin	Team Fee*	Choreo	Tuition	Total cost before uniform (including tax)	Uniform (including tax)
Pre-Competitive						
Flicker	\$200	\$0	\$50	\$350	\$630	N/A
Kindling	\$200	\$0	\$50	\$350	\$630	N/A
Firestarters	\$200	\$0	\$50	\$560	\$813.75	N/A
<b>NEW!</b> Luminosity	\$100	\$0	N/A	TBA	TBA	\$140
Novice						
Flames	\$200	\$50	\$100	\$560	\$929.25	\$140
Competitive Prep						
Firebugs	\$300	\$75	\$150	\$1050	\$1653.75	\$360
Burn	\$300	\$75	\$150	\$1050	\$1653.75	\$360
<b>NEW!</b> Sparks	\$300	\$75	\$175	\$1120	\$1753.50	\$360
Spitfires	\$300	\$75	\$150	\$1120	\$1727.25	\$360
Fireworks	\$300	\$100	\$175	\$1330	\$2000.25	\$555
Competitive						
Firecrackers	\$300	\$100	\$175	\$1120	\$1779.75	\$360
Crossfire	\$300	\$100	\$175	\$1330	\$2000.25	\$360
Flare	\$300	\$100	\$175	\$1330	\$2000.25	\$555
Ignite	\$300	\$100	\$175	\$1330	\$2000.25	\$555
Firestorm	\$300	\$100	\$325	\$1330	\$2157.75	\$555
<b>NEW!</b> Bombshells	\$200	N/A**	\$175	\$840	\$1380.75	\$555
Competitive 3+						
Heat	\$300	N/A**	\$375	\$1920	\$2724.75	\$555
Wildfire	\$300	N/A**	\$375	\$1920	\$2724.75	\$555
Code Red	\$300	N/A**	\$425	\$2080	\$2945.25	\$555
Fever	\$300	N/A**	\$550	\$1760	\$2992.50	\$825
TNT	\$300	N/A**	\$375	\$1440	\$2220.75	\$825
<b>NEW!</b> Ashes	N/A	\$0	\$50	\$400	\$472.50	N/A

\*the team fee is a per person fee that will be used to pay for team gear and team bonding for the season.

\*\*these teams are responsible for their own gear payment dependent on items. These may be paid for by fundraising, or included in competition fees.

# COMP SCHEDULE

06

Team Name	Age	BATTLE AT THE BORDER (Lloyd) DECEMBER 5, 2026	WINTER BREAK DECEMBER 19, 2026-JANUARY 1, 2027				FEBRUARY BREAK FEBRUARY 13-19, 2027				EASTER BREAK MARCH 26-APRIL 2, 2027							
			WINTER KNOCKOUT (Warman) JANUARY 8 & 9, 2027	COLD SNAP (Edmonton) JANUARY 15-17, 2027	PRE-COMP SHOW OFF JANUARY 23, 2027	IMAGINE CHAMPIONSHIP (Clagary) JANUARY 30-31, 2027	BEST OF THE WEST (Moose Jaw) FEBRUARY 6 & 7, 2027		TRUE NORTH (Edmonton) FEBRUARY 26-28, 2027	WARMAN CHEER CLASSIC MARCH 5-7, 2027	SASK CHEER PROVINCIALS (Regina) MARCH 20, 2027	PRE-COMP SHOWCASE MARCH 13, 2027	STAMPEDE CITY SHOWDOWN (Calgary) MARCH 27, 2027		A.C.E. (Edmonton) APRIL 9 & 10, 2027	ALL STAR NATIONALS (Toronto) APRIL 9-12, 2027	CHEERLEADING WORLDS APRIL 23-26, 2027	SUMMIT APRIL 29-MAY 2, 2027
Flicker	U6				*							*						
Kindling	U8				*							*						
Firestarters	U12				*							*						
Flames	U12				*					*		*						
Firebugs	U6		*					*	*	*								
Burn	U8		*					*	*	*								
Sparks	U8		*					*	*	*								
Firecrackers	U8		*					*	*	*					*			
Spitfires	U12		*					*	*	*								
Crossfire	U12		*					*	*	*					*			
Fireworks	U12		*					*	*	*					*			
Flare	U12		*					*	*	*								
Ignite	U16		*					*	*	*					*			
Firestorm	U16		*			*	*		*	*								
Heat	U16		*	?			*		*	*						*		
Wildfire	U16		*	?			*		*	*					*			
Code Red	U18		*			*	*		*	*					?			*
Fever	Open	*		*			*		*	*					?		*	
TNT	Open	*					*		*	*					?		*	
Bombshells*	Open						*		*	*					*	?		
Luminosity							*											

**COMPETITION SCHEDULE IS ALWAYS SUBJECT TO CHANGE, AND GENERALLY CONFIRMED BY OCTOBER 1, 2026**

**PLEASE NOTE THAT THE FOLLOWING TEAMS WILL PRACTICE OVER BREAKS:**

**FEVER & TNT: WINTER, FEBRUARY, AND EASTER BREAKS (ADJUSTED SCHEDULE)**

**CODE RED, WILDFIRE, HEAT & BOMBHELLS: EASTER BREAK (ADJUSTED SCHEDULE)**

**FLARE AND FIRESTORM: FEBRUARY BREAK THURSDAY & FRIDAY (FEB 19 & 20, 2027)**

**\*BOMBHELLS: TRAVEL AND CONFIRMATION OF COMPETITION WILL BE DECIDED IN JULY.**

**? : TRAVEL/ATTENDANCE AT THESE COMPETITIONS WILL BE DECIDED ONCE THE SEASON BEGINS. FOR AGE (TNT AND FEVER) WE ARE EXPLORING THE OPTION OF A LOCAL SHOWCASE IN LIEU OF THIS.**

# DISCOUNTS, UNIFORMS, FAQ and MORE

## Uniforms

This season we will be entering our 2<sup>nd</sup> season with a 3-year uniform cycle. We have 4 different uniform options depending on the teams:

**Novice:** team tank top (\$75) with optional skirt (\$65).

**Prep Level 1 Teams, U8, & U12 Level 1:** full-body bodysuit and skort (\$TBA)

**U12 Level 2, U16 Level 1 & 2:** uniform top, fabric stomach panel, and skort (\$555)

**U16 Level 3-Open:** uniform top, mesh stomach panel, and skort (\$555)

**Worlds Teams:** uniform top, mesh stomach panel, team specific top, and skort (\$818)

**Pre-comp, abilities, and parent teams:** club t-shirt

PFC new uniform item breakdown		Inc Tax
Novice top	to wear as a uniform top	\$75.00
Novice flutter skirt	to wear as a uniform bottom	\$65.00
Level 1 top		\$195.00
Level 2+ top	mesh or black panel	\$390.00
Skort	worn with all uniform options	\$165.00
Worlds Top	TNT & Fever specific top	\$263.00
Male Top		\$260.00
Male Pant		\$145.00
When re-selling these items at the pre-loved sale we recommend selling the item at 50% the original value		

## FAMILY DISCOUNT

Families only pay one admin fee (whichever is highest). Any additional immediate family members will get a discount of \$200-300 depending on the teams registered.

## FAQ

Q: Do you need experience?

A: Not at all! We have teams with all varieties of experience, so you will be placed on a team with similar skills.

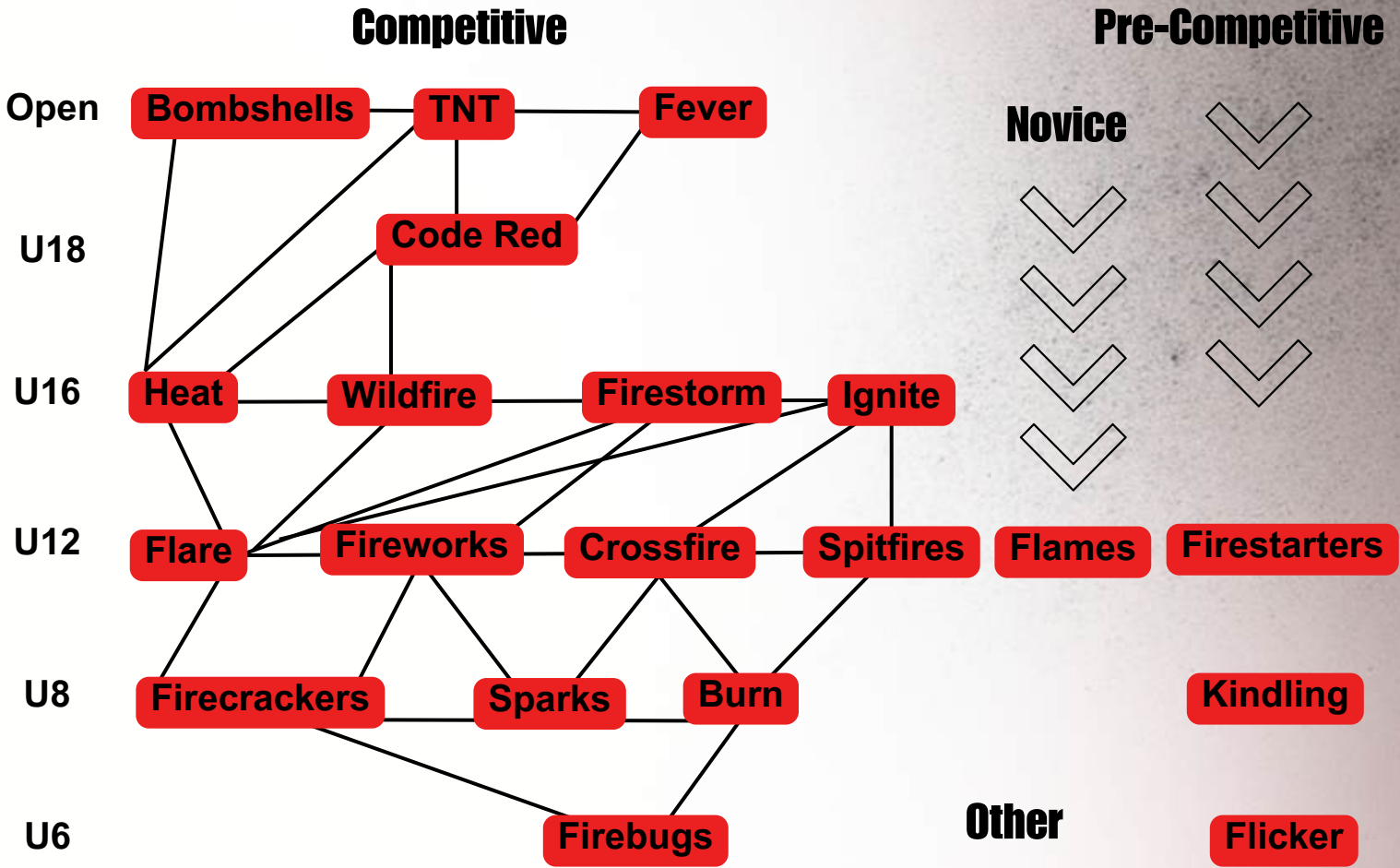
Q: Do you offer payment plans?

A: Yes, we offer monthly payment plans for uniforms, team fees, and competition fees.

Q: Do you have tumbling requirements?

A: Level-appropriate skills will be considered, however we do not require level-appropriate tumbling skills to be placed on any team. ([see details here](#)). Generally, 80% of each team will have athletes with level-appropriate tumbling.

# TEAM PROGRESSION PATHWAY



# Prairie Fire Cheerleading Inc.

phone 306-361-9695

address 421 42nd A St. E. Saskatoon, SK

email [info@prairiefirecheerleading.ca](mailto:info@prairiefirecheerleading.ca)



# REQUIREMENTS/LEVEL-APPROPRIATE SKILLS

## TUMBLING

Tumbling is not required for any team, but it is a consideration. Most tumbling teams have some athletes who do not tumble but that said:

1. To meet scoresheet expectations, we set a goal to have a minimum of 75% level-appropriate tumblers on any team.
2. Execution of any tumbling skill is one of the most important considerations. Any skill should be executed with excellence multiple times when being assessed.
3. When considering if you are an "at level" tumbler, we give preference to anyone who can complete **all** level and level advanced skills in any given level.

## POSITION PREFERENCE NOTE

In anyone's cheerleading career athletes should expect to change positions at some point. That may mean transitioning from a top to a backspot, base, etc. and vice-versa.

Any season we roster based on the needs of the team, athletes' previous positions, height, reach, vertical, and more. We understand that many athletes train for a specific position for many years. We like to focus on versatility for any athlete always.

When looking at teams, a level 1 team needs more tops in the air with less bases (1 top with 2 bases); by the time we reach our open teams we have 1 top with 4-5 bases. It is therefore likely that eventually throughout your time cheerleading becoming a base or back spot (and vice-versa) is a likely possibility. We encourage you to keep an open mind and be willing to try something new!

## FLYER/TOP EXPECTATIONS

To be a flyer, there are extra expectations required outside of practice that will be monitored throughout the season. All flyers, and anyone aspiring to be a flyer, should follow the documents in the strength & conditioning as well as balance & body positions documents that can be found [here](#).

Please submit weekly videos in the "video submissions" folder by age range, and label the video with your name and date submitted. (first\_last\_month\_date)

**level 1**

HANDSTAND	CARTWHEEL
FORWARD ROLL	BRIDGE
BACKWARD ROLL	FALL TO BRIDGE

**level 1 advanced**  
*RO = round off*

FRONT WALKOVER	ROUND OFF
BACK WALKOVER	ROUND OFF REBOUND
CARTWHEEL BACK WALKOVER	

**level 2**  
*BHS = back handspring*

STANDING BHS	FLYSPRING
RO BHS	DIVE ROLL
FRONT HANDSPRING	

**level 2 advanced**  
*Series = 2+*

RO SERIES BHS	FLYSPRING RO BHS
FHS STEP OUT RO BHS	T-JUMP BHS
BACK WALKOVER BHS	

**level 3**

STANDING SERIES BHS	RO BACK TUCK
JUMP BHS	FRONT TUCK
RO BHS BACK TUCK	

**level 3 advanced**  
*BT = back tuck*

BHS STEPOUT BHS BHS	AERIAL
JUMP BHS SERIES	FLYSPRING/FHS TO BT
RO 2BHS BACK TUCK	FHS FRONT TUCK

**level 4**

STANDING BACK TUCK	RO LAYOUT
2BHS BACK TUCK	CARTWHEEL TUCK
RO BHS LAYOUT	

**level 4 advanced**  
*\* = tuck or layout*

BHS/BHS STEPOUT TUCK	RO WHIP TO *
JUMP 2BHS TUCK	RO 2BHS LAYOUT
FRONT TUCK STEPOUT TO BT	

**level 5**

JUMP BT	RO BHS FULL
BHS BHS LAYOUT	RO FULL
JUMP 2BHS LAYOUT	

**level 5 advanced**  
*\* = layout or full*

2 JUMP BT	FT STEPOUT TO FULL
BHS LO	RO ARABIAN TO *
JUMP FRONT TUCK	

**level 6**

BHS BHS FULL	RO BHS DOUBLE
STANDING FULL	
RO DOUBLE	