



Team Saskatchewan - Senior Pom

To support athletic opportunities and community, The Saskatchewan Cheerleading Association is sponsoring a Senior Pom Team composed of Saskatchewan athletes who will be chosen following tryouts/video submissions.

We welcome applications for both athletes and coaches to take part in this team that will train together to compete in the virtual Canadian Cheerleading Championships, in hopes of being awarded the opportunity to represent Team Canada at ICU World Cheerleading Championships in 2025.

Please read over this document in FULL before applying.

Questions regarding Team Sask 2025 or the tryout process can be directed to teamsask@sca.ca

Commitment and Criteria

Team Sask Senior Pom will be composed of SENIOR aged athletes, as per the International Cheer Union age eligibility, which is ages 16+, aka, athletes born in 2009 or earlier.

In-person training/choreo weekends will take place in Saskatchewan from August 2024 through to November 2024. Athletes and coaches will have virtual commitments in addition to in-person training. In addition to the monthly training, coaches may select up to three additional weekend practices prior to filming and/or events.

Important Dates

Training Camps (dates and locations are tentative):

- Camp 1: August 10th - Regina
- Camp 2: September 14th - Saskatoon
- Camp 3: September 28th - *Tentative - Only if Needed*
- Camp 4: October 12th - Regina
- Camp 5: November 10th & 11th - Regina (filming for Canadian Cheer Championships)

Competitions

- Canadian Cheerleading Championships date TBA - this opportunity would be a virtual competition and both teams will be submitted for consideration to represent Canada at ICU Worlds.
- Tentative Demo - BOTW (Feb. 7 & 8, 2025 - Moose Jaw)
- Tentative Demo -WCC (March 6,7 & 8, 2025 - Warman)
- Tentative Demo: SCA Provincials Championships (March 15, 2025 - Regina)
- Tentative: ICU World Championships (April 21-25, 2025 - Orlando, FL)

Every effort will be made to accommodate athletes home training schedules; however, please communicate with your home gyms/studios/teams as soon as possible to ensure we are able to avoid conflict when planning additional dates.



Tryout Requirements:

Tryouts for the senior pom team will be individual. Registration for tryouts is required, where individuals must select one of the tryout options below.

[Registration Form](#)

In-Person Tryouts

The SCA will host two in-person tryouts:

- Regina: July 6, 10am - 12pm
- Saskatoon: July 7, 10am - 12pm

In-person tryouts are highly recommended so coaches can see a larger variety of skills, meet athletes in person, and observe how athletes work together. It also gives athletes the opportunity to meet the coaching staff and demonstrate their coachability and ability to learn choreo.

Video Submission

If unable to attend the in-person tryouts, athletes are asked to submit ONE skills video. Video must include only those applying (for example, please do not send videos of a group performance for one individual athlete). Videos should include a quick introduction and the skills listed below:

Senior Pom (16+ years old - 2009 or before)	
Leaps and Kicks Toe Touch Firebird/Baryshnikov/Calypso Grand Jete Tilt Fan Kick Any additional leap of your choice	Turns Double Pirouette Turns/Fouettes in Second (minimum 8 counts)
32-count combo in one of the following styles Pom Jazz Ballet Lyrical	Any additional acro skills (optional) Aerial Walkovers Handsprings Tucks

Please submit your video via an unlisted YouTube link with the name of the participant in the title. If you are having trouble sending your video, please reach out to teamsask@sca.ca before the deadline.

All applications and videos must be submitted by July 4th, 2024 to be considered.



Selection

This selection process has the following objective:

Select the best possible Team for the particular championship. While some objective criteria will be used to select athletes, it is also recognized that there is a significant subjective element. Subjective elements include such factors as the previous and current performance, experience, skill requirements, leadership and team cohesion.

Process

The objectives of this Process are to (i) contribute to the SCA's provincial Team optimal Team Performance, (ii) contribute towards the achievement of the SCA's strategic plan with respect to High Performance, (iii) provide a safe and inclusive environment for the Provincial Team at National and International Events, and (iv) contribute towards the advancement of clean and ethical sport in Canada and globally.

Eligibility

To be eligible to be selected to the Team, an athlete must be in good standing with the SCA, Cheer Canada, be a Canadian Citizen or permanent resident holding a Canadian passport or a person eligible for Canadian Citizenship who is actively pursuing Citizenship, or a permanent resident of Canada. To be eligible to be selected to Team Sask, the athlete must meet any age requirements and citizenship requirements stipulated by the organizers of the event at which the Team will be competing and meet the criteria as described in the Provincial Team selection process.

Authority

The Board of Directors has delegated authority for decision-making to the current Dance Director, Rachel Vogelsang. The dance Director has final authority for all selection decisions, including selecting athletes to the team(s), adding additional athletes to the team(s), removing athletes from the team(s), and selecting replacement athletes to a Team where applicable. In making selection decisions, the Dance Director will consult with the Team Sask Coaching staff as well as with the SCA Board, and in some cases, a neutral third party evaluator.

Terms

Membership in the program is for one year only. Athletes must re-apply to be appointed to the team each year.

Substitution of Alternates

Where necessary and appropriate, an athlete removed from the Team may be replaced by an alternate from the alternate roster.



Athlete Evaluation Process

Candidates for the Team Sask will be selected by the Dance Director and the Coaches of the Provincial Team. Athletes will be evaluated based on present expertise and/or demonstrated potential in the following areas:

Technical Skill Level:

- Proficiency in various dance styles required by the team.
- Mastery of advanced techniques and complex choreography.

Strength and Conditioning:

- Overall muscular strength, particularly in the core, legs, and arms.
- Cardiovascular endurance to maintain energy levels throughout the routine.
- Flexibility and agility for a full range of motion and dynamic movements.

Body Control and Balance:

- Ability to execute precise movements with control.
- Stability and balance during complex turns, jumps, and lifts.

Coordination and Timing:

- Synchronization with music and other team members.
- Quick reflexes and ability to adapt to timing changes in routines.

Stamina and Endurance:

- Sustained performance ability for long practice sessions and multiple performances.
- Recovery rate between practices and performances.

Stage Presence and Presentation:

- Posture, alignment, and overall aesthetic quality of movements.
- Stage presence and ability to project confidence and energy.

Flexibility:

- Range of motion in key joints such as hips, shoulders, and spine.
- Ability to perform splits, high kicks, and other flexibility-demanding movements.



Team Selection Process

Athletes will be selected for Team Sask with the goal of putting together the best possible Provincial Team for any particular event. Factors that will be considered in this selection include physical and technical aspects of the sport, as well as team dynamics. These factors, which will be accessed by the dance director and coaching staff, as they deem appropriate for the decision-making process, include:

- Work effectively within the team concept,
- Committed to communication with other athletes and team staff,
- Willingness to alter individual preferences and to change to meet the needs of the group and the strategies of the coaches,
- Willingness to work within the assigned role(s) for the team,
- Willingness to accept the length and location of training asked by the Provincial Program.

It is understood that in making selections to create the best possible team in terms of ability to be successful at the event, it is possible that the best individual athletes may not be selected. The decision of the coaches shall be considered final.

Removal from the Team

Upon selection to the Team, an athlete must:

- Sign and abide by the SCA Athlete Code of Conduct,
- Provide the SCA with all required documents (passport information etc.),
- Participate in Team events, activities and meetings, as directed by the coaching staff or designate,
- Ensure they wear proper attire,
- Obey all rules established by the SCA and/or Cheer Canada,
- Assist the SCA in public relations and fundraising projects where required.

An athlete may be removed from the Team where the athlete:

- Is unable to meet performance expectations;
- Is unable to perform due to injury, illness or for other medical reason as determined by the SCA or Cheer Canada's or the event's medical staff;
- Is unable to commit to Provincial Team Program activities and events;
- Violates team rules and/or Cheer Canada's or the SCA's policies and procedures
- Exhibits conduct that is detrimental to the image of the Provincial Team program of the SCA
- Breaches the Athlete Agreement
- Voluntarily withdraws
- Is sanctioned by CCES or Cheer Canada for violating the Anti-Doping rules and regulations;
- Is sanctioned by their PSO;
- Is removed by a Cheer Canada or the SCA's Discipline and/or Appeal panel; or
- Fraudulently represents themselves



Costs

The SCA is proud to sponsor a portion of these teams.

The estimated cost is \$500 for each Team Sask member. This cost goes towards Team Sask uniforms, music, choreography, competition fees and coaching costs for the season. Athletes will be responsible for all costs related to travel and accommodations for both training and events. Parent chaperones may be required for travel and are responsible for their own expenses.

Payment Schedule: Initial deposit of \$275/person due on August 1st, 2024 and the Second payment will be due November 1st, 2024. Amount of the 2nd payment will be determined by September 1st, 2024.

Team Sask Senior Pom team has a high chance of being selected to represent **Team Canada**. As Team Canada, the team will continue to meet (at minimum) once a month from December 2024 through to April 2025. Team Canada will travel to Orlando, Florida to compete in the ICU Cheerleading World Championship April 21-25, 2025 (tentative dates). As Team Canada, each athlete will be responsible for a large financial commitment, estimated as high as \$3,000. This additional cost goes toward additional training, flights, hotel, registration fees, Team Canada uniform packages, coach expenses and any additional travel costs. Fundraising opportunities will be available.

Coach Info

Interested coaches must be 19 years old and must be SCA certified. This is a volunteer position, however, travel, accommodation, apparel and per diem will be provided. Coaches must be available for training camps listed above and must be willing to meet virtually as a coaching staff, and review/comment on athlete video submissions in a timely manner throughout the season. Applicants should be comfortable instructing skills, completing video review and doing their own choreography as routines will be built in-house. Willingness to communicate frequently through messages and emails with other coaching staff is integral to this role.

[Coach Application Form](#)

Applications will be accepted until June 25, 2024



FAQ

Q: Can I be on Team Sask and still participate with my current All-Star and/or School teams?

A: Yes! You can be a member of Team Sask while continuing to participate with your current All-Star and/or School teams. This allows you to expand your performance cheer experience and showcase your skills across multiple platforms.

Q: Can I be on Team Sask and still participate with my competitive studio?

A: Yes! You can be a member of Team Sask while continuing to participate with your competitive studio. However, please note that the World Championship is in April 2025 in Florida, which may conflict with your studio's competition season.

Q: Will there be fundraising?

A: Yes! There will be fundraising opportunities through the SCA. Additionally, the team can organize their own fundraising events to support their participation and expenses.