2026/2027

ABSOLUTE CHEER

NORTH VANCOUVER

Building Champions for Life!

Absolute is committed to delivering an exceptional athlete experience grounded in structured training and a culture of excellence. Guided by the values and standards established through our North Vancouver flagship, we provide a positive, high-performance environment where athletes of all levels can grow in character and in skill. What sets us apart is our intentional approach: athletes are developed with purpose, classes are built with progression in mind, and teams are supported by coaches who lead with technical expertise and professionalism. At Absolute, achievement has never been measured by placements alone. We believe the true legacy of a gym is found in the people it shapes.

Our Core Principles

1. Growth Mindset
2. Trustworthiness
3. Accountability
4. Adaptability
5. Kindness
6. Sportsmanship

Our Programs

- Beginner, Novice, Prep and All Star Cheer
- Stunt, Flexibility, & Strength Classes
- Tumble Classes
- Private/Semi Private Lessons
- Open Gym
- Camps & Clinics

Absolute Cheer - North Vancouver

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ABSOLUTE

Development Pathway

Our structured development pathway guides athletes from building fundamental skills all the way to competing at an elite level.

Novice

Practice Schedule: 1 x 90 min practice per week
Competition Level: 1 showcase and 1 local competition
Term: 4 months Sept-Dec | Jan-Apr

Prep Level 1

Practice Schedule: 2 x 90 min practices per week + **90 min Tumbling**
Competition Level: Local competitions and Kelowna

All Star Level 1

Practice Schedule: 2 X 2 hour practices per week + 90 min Tumbling
Competition Level: Local and travel competitions

Prep Level 2

Practice Schedule: 2 X 2 hour practices per week + **90 min Tumbling**
Competition Level: Local competitions and Kelowna

All Star Levels 2-4

Practice Schedule: 2 X 2 hour practices per week + 90 min Tumbling
Competition Level: Local and travel competitions

Worlds

Practice Schedule: 2 practices per week + Open Mat
Competition Level: Local and travel competitions

Projected Teams

Prep

Aspire (U8), Ambition (U12), Allure (U12 L2)

All Star

Apex (U16 L1), Audacious (U16 L2), Ascension (U18 L4)

Worlds

ArchAngels (Open Worlds)

Age Divisions

U8: Born 2018–2022
U12: Born 2014–2019
U16: Born 2010–2015
U18: Born 2008–2013
Open: Born 2011 or earlier

Evaluation Dates

Novice / Prep

Tumbling

- Tuesday May 5th 4:45-6:15 PM

Stunting

- Friday May 8th 4:30-6:00 PM

Level 1

Tumbling

- Thursday May 7th 4:45-6:15 PM/ Friday May 8th 6:15-7:45 PM

Stunting

- Monday May 4th 6:45-8:15 PM/ Wednesday May 6th 4:45-6:15 PM

Level 2 – Prep + All Star

Tumbling

- Monday May 4th 5:00-6:30 PM /Tuesday May 5th 6:30-8:00 PM/ Thursday May 7th 6:30-8:00 PM

Stunting

- Wednesday May 6th 4:45-6:15 PM/Friday May 8th 4:30-6:00 PM

Level 3

Tumbling

- Monday May 4th 6:45-8:15 PM/ Wednesday May 6th 6:30-8:00 PM

Stunting

- Thursday May 7th 8:15-9:45 PM

Level 4

Tumbling

- Tuesday May 5th 8:15-9:45 PM , Wednesday May 6th 6:30-8:00 PM

Stunting

- Thursday May 7th 8:15-9:45 PM

Level 5/6

Tumbling

- Tuesday May 5th 8:15-9:45 PM

Stunting

- Monday May 4th 8:30-10:00 PM, Thursday 8:15-9:45 PM

Evaluation Process

Stunting Evaluations (Day 1)

Athletes will attend the stunting evaluation for their current team level. This allows coaches to evaluate athletes within an appropriate group setting and assess readiness for team-based stunt progressions.

Tumbling Evaluations (Day 2)

Athletes will attend the tumbling evaluation that matches their highest consistent, unassisted skill.

The skill must be:

·Consistent

·Unspotted

·Safely performed with control

Team Reveals

Team Reveals will be sent via email on May 12th

Evaluation Fees

Stunting Evaluation- $20 +GST

Tumbling Evaluation- $20 +GSt

Evaluation Clinics- $10 +GST

Evaluation Clinics

Friday, May 1

Prep 1–2: 5:00–6:00 PM

All-Star Levels 1–2: 6:00–7:00 PM

All-Star Levels 3–6: 7:00–8:00 PM

Saturday, May 2

Prep 1–2: 11:00 AM–12:00 PM

Levels 1–2: 11:00 AM–12:00 PM

Levels 3–6: 12:00–1:00 PM

Sunday, May 3

Prep 1–2: 2:00–3:00 PM

Levels 1–2: 2:00–3:00 PM

Levels 3–6: 4:00–5:00 PM and 6:00–7:00 PM

Important Dates

- May 4–9: Evaluations
- May 12: Team Reveal Email
- May 12-14: Team Onboarding
- May 19: First Week of Practices
- July 6: Start of Summer Practices
- **Aug 31 – Sept 4: Choreography**
- Sept 8: Start of Fall Practices
- **March 29- Sea to Sky Extra Practice (All Teams)**

Team Onboarding

Following team placements, athletes will attend Team Onboarding . During this time, they will receive their program T-shirt and be fitted for their uniform and shoes. Parents will also complete the initial uniform deposit and sign up for parent committees, including fundraising and spirit initiatives.

Closures and Breaks

- May 18: Victoria Day – No Practice
- Jun 29 – Jul 5: Mini Summer Break – No practices, camps and clinics are on
- Aug 1–7: Mini Summer Break – No practices, camps and clinics are on
- Sept 7: Labour Day – No Practice
- Sept 30: Truth and Reconciliation Day – No Practice
- Oct 12: Thanksgiving – No Practice
- Nov 11: Remembrance Day – No Practice
- Dec 21 – Jan 2: Winter Break – No practices, camps and clinics are on
- Feb 15: Family Day – No Practice
- **Mar 20-28th: Spring Break – No practices, camps and clinics are on**

View and Subscribe to the 2026- 2027 Absolute Cheer Calendar HERE

Choreography

All choreography dates are considered essential team commitments and have been communicated to families as soon as possible. We strongly ask that families make attendance a top priority, as these sessions involve the scheduling of an external choreographer and play a huge role in the team's development and success throughout the season.

Attendance Expectations

All practices and scheduled team events are mandatory. Consistent attendance is essential to athlete safety, team progression, and overall routine integrity.
Athletes must notify their coaches in advance of any known conflicts. Last-minute absences or failure to communicate will not be accommodated.
Athletes who miss practices, particularly those leading up to an event, risk immediate adjustments to their role, including removal from sections of the routine or the routine entirely. This policy will be strictly enforced to ensure the safety, preparedness, and success of the entire team.

Repeated or frequent absences will result in a reduced role or reassignment, at the coaches' discretion.

Summer Practices

During summer we move to a reduced training schedule. Prep, All-Star and Worlds teams will be participating in summer training.

Practice Schedule

Click here for the practice schedule

*Teams **may** move to a reduced training schedule during the last two weeks of April dependent on Worlds and Summit competition scheudles*

Competition Schedule

Tentative Schedule — Competition attendance will vary by team. Final assignments will be shared once teams have been formed.

Date	Competition	Prep L1	Prep L2	All Star	Worlds
Nov 21	Pep Rally Showcase	X	X	X	X
Dec 12-13	Pink Championships — Richmond Oval	X	X	X	X
Jan 16-17	American Masterpiece – San Jose, CA			**U16 Teams L1-4**	
Jan 30-31	Cheer Fest — Abbotsford Event Centre	X	X	X	X
Mar 6-7	BC Provincial Championships — Kelowna	X	X	X	X
Apr 3-4	Sea to Sky — Vancouver Convention Centre	X	X	X	X
April 14	Spring Send Off Showcase	X	X	X	X
Apr 21-27	World Championships — Orlando, FL				X
Apr 29 May 2	The Summit Championships – Orlando, FL ***Bid dependent**			**U16 Teams L1-4**	

Click here for competition itineraries

Novice Financial Commitment

** All costs are approximate and subject to change. Team specific travel, apparel and payment schedule information will be shared following team placements.*

Monthly Tuition:

	June	July- Aug	Sept-Dec | Jan-Apr
Tumbling/ Skills Labs (Optional skills classes)	*$48-$80*	*$48-$80*	*$48-$80*
Team Tuition	*no training*	*no training*	*$155*
Total	**$48-$80**	**$48-$80**	**$80-$155**

*tax not included**
A $40 annual membership fee will be automatically invoiced at time of registration.

Athlete Fees

Approx- $160

- BCSC & Cheer Canada membership fees
- Competition Entry Fees
- Administrative Fees

Uniform

Payment Options:

- **Pay in Full: $200 tax OR buy used from North Vancouver Swap & Shop**
- **Instalment Plan: $100 Deposit (non-refundable) + 1 equal payments of $100 due by August 1**

Not including hair bow or shoes.

This uniform will be used for the next 3 years within the Novice Program at both Absolute Cheer locations.

Prep Financial Commitment

** All costs are approximate and subject to change. Team specific travel, apparel and payment schedule information will be shared following team placements.*

Monthly Tuition:

	May	July- Aug	June, Sept-April
Team Tumbling/ Jumps (Optional for Level 1 Prep)	*$48*	*$96*	*$96*
Team Tuition	*$96*	*$96*	*$192*
Total	**$144**	**$192**	**$288**

*tax not included**

Team Fees

$350

Paid in Instalments

- Music
- Skills & Choreography
- Coaches Travel (Not including travel to the US)

Athlete Fees

$485

Paid in Instalments

- BCSC & Cheer Canada membership fees
- All competitions excluding US travel

Uniform

Payment Options:

- **Pay in Full: $480 tax**
- **Instalment Plan: $200 Deposit (non-refundable) + 2 equal payments of $150 due by August 1**

Not including hair bow or shoes.

Not including hair accessory or shoes. The current All-Star uniform will transition to become the new Prep uniform. This allows current All-Star athletes the opportunity to sell their uniforms to athletes moving into Prep.

All Star Financial Commitment

Monthly Tuition:

	May	July- Aug	June, Sept-April
Team Tumbling/Jumps	*$48*	*$96*	*$96*
Team Tuition	*$128*	*$128*	*$256*
Total	**$176**	**$224**	**$352**

*tax not included**

Team Fees

$475

Paid in Instalments

- Music
- Skills & Choreography
- Coaches Travel (Not including travel to the US)

Athlete Fees

$540

Paid in Instalments

- BCSC & Cheer Canada membership fees
- All competitions excluding US travel

Uniform

Payment Options:

- **Pay in Full: $500 + tax**
- **Instalment Plan: $200 Deposit (non-refundable) + 2 equal payments of $160 due by August 1**

Not including hair bow or shoes.

Not including hair accessory or shoes. The current All-Star uniform will transition to become the new Prep uniform. This allows current All-Star athletes the opportunity to sell their uniforms to athletes moving into Prep.

Travel Fees

Charged to accounts 4-6 wks prior to event

- Away Competition Registration Fee
- Coaches Flights/Travel & Accommodations
- Rental of Practice space when applicable
- Transportation when required for team. activities

Worlds Financial Commitment

** All costs are approximate and subject to change. Team specific travel, apparel and payment schedule information will be shared following team placements.*

Monthly Tuition:

May	July- Aug	June, Sept-April
$120	$120	$240

*tax not included**

Team Fees

$475

Paid in Instalments

- Music
- Skills & Choreography
- Coaches Travel (Not including travel to the US)

Athlete Fees

$580

Paid in Instalments

- BCSC & Cheer Canada membership fees
- All competitions excluding US travel

Uniform

Payment Options:

- **Pay in Full: $500 + tax**
- **Instalment Plan: $200 Deposit (non-refundable) + 2 equal payments of $160 due by August 1**

Not including hair bow or shoes.

Not including hair accessory or shoes. The current All-Star uniform will transition to become the new Prep uniform. This allows current All-Star athletes the opportunity to sell their uniforms to athletes moving into Prep.

Travel Fees

Charged to accounts 4-6 wks prior to event

- Away Competition Registration Fee
- Coaches Flights/Travel & Accommodations
- Rental of Practice space when applicable
- Transportation when required for team. activities