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Team Alberta

Athlete Selection Process

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1. PURPOSE

The purpose of the Alberta Cheerleading Association ("**ACA**") Team Alberta athlete selection process is to:

1.1. Ensure the most suitable athletes are chosen to represent the province within the Team Alberta program.

1.2. Adhere to the process for athlete selection, as outlined in this Terms of Reference document.

1.3. Outline the responsibilities of the athlete, as described in this Terms of Reference document.

2. TERM

2.1. The Team Alberta athlete's term will begin in May of the current year and end in April of the following year.

- **a.** The athlete's term for the 2026-2027 season is June 20th, 2026, to April 24th, 2027, inclusive.

2.2. At the conclusion of the term, the athlete will be subject to an evaluation process to include feedback from coaches and peers to determine suitability and good standing. This assessment may be shared with the ACA High-Performance Committee ("**Committee**") and ACA Board of Directors ("**Board**").

2.3. Athletes who are deemed suitable and in good standing are permitted to apply for subsequent Team Alberta terms.

2.4. There are no limits on the number of terms an athlete can apply for.

The Team Alberta Terms of Reference will be reviewed and amended by the Committee annually or as needed.

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3. ACCOUNTABILITY

3.1. Athletes are accountable to the Team Alberta coaching staff

3.2. An athlete may be removed from Team Alberta if they:

a. Are unable to commit to the program's activities and/or events.

b. Are unable to meet performance expectations.

c. Are unable to perform due to injury, illness, or other medical reason as determined by the ACA, Cheer Canada, or event medical staff.

d. Violate team rules and or ACA/Cheer Canada policies or procedures.

e. Breach the Team Alberta Athlete Agreement.

f. Exhibit conduct that is detrimental to the image of Team Alberta, the ACA, and/or Cheer Canada.

g. Are sanctioned by the Canadian Centre for Ethics in Sport ("CCES"), Cheer Canada, or the ACA for violating anti-doping rules and regulations.

h. Are sanctioned by the ACA or Cheer Canada for violation of any policies, procedures, or guidelines.

i. Are removed by the ACA or Cheer Canada Discipline and/or Appeals panel.

j. Fraudulently represent themselves.

k. Voluntarily withdraw from the Team Alberta program.

4. PURPOSE OF SELECTION PROCESS

The Team Alberta athlete selection process is intended to:

4.1. Contribute positively to the development of the Team Alberta high-performance program.

4.2. Provide a safe and inclusive environment for Team Alberta members in all activities, including national and/or international events.

4.3. Contribute to the advancement of ethical sport practices in Alberta, Canada, and globally.

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5. ELIGIBILITY

To be eligible for selection to Team Alberta, the athlete must:

5.1. Be a Canadian citizen or permanent resident of Canada.

- Have a valid Canadian passport (must be valid for 6 months past the end date of the last travel event the team will be attending).

5.2. Reside in Alberta.

5.3. Meet all athlete requirements as set out by the ACA and Cheer Canada.

5.4. Be a member-in-good standing with the ACA and Cheer Canada.

5.5. Meet all age requirements outlined in the Terms of Reference and those stipulated by event producers of the events the team will attend.

5.6. Provide their signature confirming the understanding of, and agreement to comply with:

a. The Team Alberta Athlete Agreement/Handbook.
b. Applicable policies of the ACA and Cheer Canada.
c. Any other policies deemed appropriate by the Committee and Board.

5.7. Meet qualifications as outlined in Section 8 of this document.

5.8. Have a supervising coach with the appropriate certification level

6. COMPOSITION OF TEAMS

6.1. The Team Alberta program will field the following teams for the current term:

a. Youth Division (12 years to 14 years of age, Birth Years 2015-2012).
b. Junior Division (15 years to 18 years of age, Birth Years 2012-2008).
c. Premier Division (18 + years of age)

6.2. Each team will be limited to 24 athletes, consisting of:

a. Six (6) all-girl stunt groups.
b. Eight (8) coed stunt groups.

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6.3. Alternate athletes may be selected for each team, at the discretion of the Team Alberta coaching staff and the Committee.

6.4. Stunt groups are comprised of:

a. Traditional Style groups include four (4) athletes – one (1) back spot, two (2) bases, one (1) flyer/top
b. Coed style groups include three (3) athletes – two (2) bases), one (1) flyer/top, same in form.

7. AUTHORITY FOR TEAM SELECTION

7.1. The Board conveys authority to determine the process for Team Alberta athlete selection and team creation to the Committee.

7.2. The Committee delegates authority to the Team Alberta coaching staff to select athletes and create team rosters.

7.3. Team Alberta coaching staff will conduct a fair and transparent selection process, ensuring each member of the staff is free from potential conflicts of interest, including, but not limited to:

a. Being a coach or coach affiliate of a potential Team Alberta athlete.
b. Having a personal or professional affiliation with a potential Team Alberta athlete.

7.4. Although consultation with the Committee and Board may take place to confirm athlete eligibility and other pertinent information, Team Alberta coaches will have the final authority for all roster decisions, to include:

a. Team composition.
b. Athlete selection.
c. Athlete substitutions.
d. Athlete removal.
    - In cases of athlete removals/substitutions, Team Alberta coaches will consult with the Committee and may consult with the Board.

8. ATHLETE CRITERIA

The ACA welcomes applications for Team Alberta from all qualified athletes in Alberta.

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8.1. While objective criteria will be used to select athletes, it is recognized that subjective elements may also be considered in the decision-making process, including, but not limited to:

a. Previous experience.
b. Previous performance history.
c. Positional requirements of each team.
d. Team cohesion.
e. Support of parent(s)/guardian(s).
f. Support of originating program(s) (school or club).

8.2. Athletes will be assessed for skill proficiency levels as well as anticipated future potential in the following areas:

a. Individual skill level and technical competence.
b. Physical potential to develop with continued training.
c. Fit within the dynamics of the team.
d. The development of, and planning for, the Team Alberta program in the future.

8.3. Athletes will be evaluated on:

a. Physical Components:
    - Aerobic/cardiovascular fitness.
    - Physical strength.
    - Proficiency in other areas such as flexibility, speed, agility, and power.
    - Commitment to personal skill development and to physical conditioning as assigned.
    - Commitment to rehabilitation programs, if applicable.

b. Technical Components:
    - Stunting skills.
    - Tumbling skills.
    - Crowd leading skills.
    - Position-specific skills (back spot, bases, top/flyer).
    - Ability to successfully perform routine choreography.

c. Character Components:
    - Good character.
    - Strong work ethic and positive attitude.
    - Ability to receive and act upon corrections/directions from coaching staff.

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- Works well with others.
- Ability to commit to and manage time and training commitments.

d. Team Components:
   - Ability to work effectively within the team environment.
   - Commitment to open and transparent communication with team members and coaches.
   - Willingness to put the needs of the team ahead of individual athlete needs.
   - Willingness to accept and work within the role(s) assigned by the coaching staff.
   - Commitment to the training program and locations for the duration of the term.

9. SELECTION PROCESS

To field the most competitive teams, athletes will be selected to Team Alberta teams in stunt groups. A maximum of two stunt groups per team may be selected from the same program, including those programs who have multiple teams and/or locations.

To ensure transparency and equal opportunity for all, the selection process for the Team Alberta athletes will include:

9.1. Call for applications:

a. Notice will be provided electronically via email to the ACA membership.
b. Notice will be included in posts on ACA social media.
c. Notice will be provided electronically via email to ACA member programs.
d. The Committee reserves the right to invite any individual(s) meeting the qualifications to apply, other than those who have submitted applications.

9.2. Submission of Video:

a. Athletes are required to fill out the online application form, including submitting a video, application form deadline is June 12th, 2026
b. All applicants must submit a video (“Private” YouTube Video link) of the listed requirements found in the skill list.
   - If you do not have a stunt group, you are required to submit a video without the stunting section. You are then invited to attend in person tryouts on June 13th so coaches can assess your stunting skills
c. The deadline for video submission is June 12th, 2026.

9.3. Attendance at in-person tryout:

a. In person tryouts will be held June 13th

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- Double Tree by Hilton (16615 – 109 Ave NW, Edmonton, AB)
- 9:00 - 11:00 AM

b. These tryouts are geared towards athletes that do not have a stunt group, if you do have a stunt group, you are welcome to attend but it is not required.
c. Athletes are required to fill out the online application form, including submitting a video, prior to attending tryouts, application form deadline is June 12th, 2026
d. All stunting and tumbling skills must be at Median Level (L3), or higher.
e. Team Alberta coaches are seeking athletes who can execute skills of high quality.

9.4. Announcement of Team Alberta athletes:

a. Notice will be provided electronically via email to the ACA membership.
b. Notice will be included in posts on ACA social media.
c. Notice will be provided electronically via email to ACA member programs.
d. Announcements will be made by June 29th, 2026.
e. Team Alberta roster decisions are final.

10. TEAM REQUIREMENTS

Upon selection to a Team Alberta roster, athletes must:

10.1. Read and provide a signature to indicate agreement to abide by the Team Alberta Athlete Agreement/Handbook.

10.2. Read and provide a signature to indicate agreement to abide by the ACA Athlete Code of Conduct.

10.3. Provide the ACA with all required documentation, e.g.: copy of passport.

10.4. Complete the CCES Safesport training.

10.5. Adhere to all team policies, guidelines, and expectations.

10.6. Adhere to all clothing and equipment expectations as directed by the Team Alberta coaching staff.

10.7. Participate in all team activities, meetings, and events as directed by the Team Alberta coaching staff.

10.8. Assist Team Alberta with public relations and fundraising projects, as required.

11. CANCELLATION OR AMENDMENTS TO SELECTION PROCESS

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The ACA is under no obligation to select Team Alberta athletes from the applications received.

The Board, in consultation with the Committee, reserves the right to:

11.1. Accept applications from those who, in the opinion of the Committee, provide the strongest group of candidates to meet the needs of Team Alberta.

11.2. Waive minor irregularities and formalities related to applications received.

11.3. Cancel the application process at any time.

11.4. Reject any or all applicants.

11.5. Initiate a new application and selection process.