



Fire and Ice Mars 2023-2024

Welcome to Fire and Ice Mars Cheer Elite Program. Fire and Ice offers athletes of all ages and abilities the opportunity to grow and develop under trained coaches. We are so excited for you to experience the world of all star cheer with us.

Meet the Coaches

| | |
|----------------------|---------------------------------------|
| Kira Lyndon | Owner, Program Director, Coach |
| Kayla Lyndon | Head Coach |
| Diana Lewis | Cheer Coach |
| Jessi Berzett | Cheer Coach |

Fire and Ice Mars Elite Team

Parent Meeting for Elite Teams

Monday, May 1st 6:30 or Wednesday, May 3rd 6:30

What to Wear for Tryouts:

Please wear black shorts, a black t-shirt or tank top, hair pulled back and tennis shoes!

Individual Evaluations: Wednesday, May 10th

5:30 - 6:30 (2015 - 2018 birth years)

6:30 - 7:30 (2011 - 2014 birth years)

7:30 - 8:30 (2010 - 2006 birth years)

Individual Evaluations are based on skills the athlete has at the time of placements plus what each team needs at time of placement. Placements are based on age, level and skill.

At time of evaluations, parents must check in at the front desk and have all required paperwork and forms filled out before athletes will be allowed into the gym before their evaluation.

Team Evaluations: Monday, May 15th - Thursday, May 18th

After individual evaluations, athletes will be grouped into teams. Please check our Website (Fireandicemars.com) on Thursday, May 11th after 4PM to find out what team/teams for your athlete to come to on this week. Please check all groups as your number may be listed more than once.

Team Reveal: Friday, May 19th

Join us Friday night, May 19th from 6:00 - 7:00 for our Team Reveal Night. Athletes will find out what team they are on and parents/athletes can take pictures. In case you can't make it, teams will be posted that night on our website! (fireandicemars.com)

Placement Contact Policy:

If you have questions or concerns about where your athlete was placed for the season, you must wait to contact Coach Kayla until at least 24 hours after team reveal. If you contact Coach Kayla before the 24 hours, no response will be given.

Practice Day:

Summer Practices are Mondays - Thursdays. Each team will practice 2 of these 4 days.

Summer Practice Times

Frosty Flakes - Tuesday and Thursday 4:30 - 6:00

iceBURGH - Tuesday and Thursday 6:00 - 7:30

Sub 0 - Tuesday and Thursday 7:30 - 9:00

LegICY - Monday and Wednesday 6:00 - 7:30

Fast & Flurri3s - Monday and Wednesday 7:30 - 9:00

Practice in the fall will be one weeknight (Mon - Thurs) AND Sundays.

Fall Practice Times (Falls schedule starts Tuesday, Sept 5th)

Frosty Flakes - Tuesday 4:30 - 6:00, Sunday 12:00 - 1:45

iceBURGH - Tuesday 6:00 - 7:30, Sunday 1:55 - 3:40

Sub 0 - Tuesday 7:30 - 9:00, Sunday 3:50 - 5:35

LegICY - Wednesday 6:30 - 8:00, Sunday 5:45 - 7:30

Fast & Flurri3s - Wednesday 8:00 - 9:30, Sunday 7:45 - 9:30

Extra Practice Days (Additional days can still be added)**Friday, Nov 10th - All Teams 5:00 - 8:30****Friday, December 1st - All Teams 5:00 - 8:30****Saturday, Feb 10th- Follow Sunday schedule****Saturday, April 13th - Follow Sunday Schedule****Friday, April 19th - All Teams 5:00 - 8:30**

Additional practices can be called by the coaches throughout the season in the event of an injury or coaches feel an additional practice is necessary.

Choreography/Stunt Camp:

Camp is June 14th - June 19th. This is mandatory that all athletes attend. If there is a conflict, reach out to Coach Kayla ASAP.

Frosty Flakes - Sunday, June 18th 1:00 - 5:00 and Monday, June 19th 9:00am - 1:00PM. (Ending time may be later)

iceBURGH - Saturday, June 17th 1:00 - 5:00 and Sunday, June 18th 5:00 - 9:00.

Sub 0 - Friday, June 16th 5:00 - 9:00 and Saturday, June 17th 5:00 - 9:00.

LeglCY - Friday, June 16th 1:00 - 5:00 and Sunday, June 18th 9:00AM - 1:00PM

Fast & Flurri3s - Friday, June 16th 9:00am - 1:00PM and Saturday, June 17th 9:00am - 1:00PM

Vacation Dates (No Cheer Practice):

Monday, May 29th

Wednesday, June 28th - Sunday, July 9th

Friday, Aug 25th - Monday, Sept 4th

Tuesday, October 31st

Wednesday, Nov 22nd - Sunday, Nov 26th

Thursday, Dec 21st - Monday, January 1st

Sunday, Feb 11th

Sunday, March 31st

Estimated Costs:

\$35 Registration Fee/Tryout Fee (due at tryouts)

\$135 Monthly Tuition (June -April)

\$1100 Competition Fees (broken up by 11 months - \$110 per month) Estimated amount. Price could go up once competition fees are released by companies.

End of the Season Cost TBD based on bids, once price is released etc.

\$220 Two Practice Sets (2 Rhinestone Sports Bras, 2 Shorts, 2 Shirts)

\$500 Uniform (New Uniforms All Athletes)

\$120 Required cheer shoes for New Athletes. Highly recommended for returning athletes. (will be fitted)

\$20 - \$35 Scrunchie

\$275 Choreography/Stunt Camp

\$75 Music Fee

\$20 Required Flyer Flex Class (TBD by June 20th)

\$225 Team Gift Fee

\$45 Team Gift Crossover Fee

\$250 Crossover Stunt Camp/Choreography Camp/Music Fee (one time fee)

\$70 Crossover Fee

| Date | | | | TOTAL |
|------|--------------------------|---------------------------|---|---------------|
| 5/10 | | | Tryout Fee \$35 | \$35 |
| 5/22 | Monthly Tuition \$60 | | Practice Wear \$220 | \$280 |
| 6/1 | Monthly Tuition \$135 | Competition Fee. \$110 | Choreography Camp \$275 | \$520 |
| 7/1 | Monthly Tuition \$135 | Competition Fee. \$110 | Cheer Shoes \$120. 1/2 Uniform Fee \$250 | \$615 |
| 8/1 | Monthly Tuition \$135 | Competition Fee. \$110 | Remainder Uniform. \$250 | \$495 |
| 9/1 | Monthly Tuition \$135 | Competition Fee. \$110 | Music Fee \$75 Team Gifts \$110 | \$430 |
| 10/1 | Monthly Tuition \$135 | Competition Fee. \$110 | Team Gifts \$115 Scrunchie \$20 - \$35 | \$380 - \$395 |
| 11/1 | Monthly Tuition \$135 | Competition Fee. \$110 | | \$245 |
| 12/1 | Monthly Tuition \$135 | Competition Fee. \$110 | | \$245 |
| 1/1 | Monthly Tuition \$135 | Competition Fee. \$110 | | \$245 |
| 2/1 | Monthly Tuition \$135 | Competition Fee. \$110 | | \$245 |
| 3/1 | Monthly Tuition \$135 | Competition Fee. \$110 | | \$245 |
| 4/1 | Monthly Tuition \$135 | Competition Fee. \$110 | | \$245 |

Contact Information and Social Media:

Email fireandicemars@gmail.com,
fireandicekayla@gmail.com

Phone 724-726-2002 (Gym), 724-584-4146 (Kayla cell)

Facebook Fire and Ice Parent Support - Mars 2023-2024

Facebook Each Individual Team will have its own Facebook Page once teams are formed

Tentative Competition Schedule:

December 2nd - Showcase
December 10th - Akron, Ohio
January 13th - Akron, Ohio
January 20th and 21st - Columbus, Ohio
February 4th - Akron, Ohio
March 2nd and 3rd - Hershey, Pa
March 23rd - Slippery Rock, Pa
April 6th and 7th - Pittsburgh, Pa
April 27th and 28th - Florida

We will have a meeting about Florida once more information is released. All athletes will be required to be in Florida Thursday, April 25th by 4PM and can leave Monday, April 29th. There will be practice Monday, April 22nd (LeglCY and Fast & Flurri3s) and Tuesday, April 23rd (Frosty Flakes, iceBURGH, Sub 0). Athletes can leave to fly to Florida anytime after their last practice, but are required to be there by Thursday, April 25th by 4PM. You are free to book hotels now if you want to, but discounted room blocks from the competition will be out soon. Universal tickets are required to enter the competition. DO NOT BUY THESE - as these have to be bought from the competition. More info to follow!

Additional Policies/Procedures

Fire and Ice Logo

- No one is permitted to use the Fire and Ice Logo without prior consent from Coach Kira. This includes buying, selling, or making of items.

Crossover Policies

- Athletes are first a rostered athlete of their primary team.
- Athletes must attend all practices of both their primary and secondary teams.
- There is no tuition charge to crossover to the second team. Athletes are responsible for crossover competition fees.

Injuries and Alternate Fill Ins

- All injuries need to be reported to Kayla or Kira immediately.
- If an athlete can not practice or compete due to an injury, we will find a replacement to hold their spot until the athlete can return. The injured athlete is required to attend all practices and competitions and needs to be in practice wear/uniform.

Flyer Class:

- All flyers on all teams will be required to take a weekly flyer flex class. Cost will be discounted for flyers to \$20 per month (instead of the normal \$30 fee per month)

- **All flyers will be chosen by June 20th and all flyers must be registered for the flex class by July 10th.**
- **If you can not attend your flyer class that week, you need to let Coach Kayla know and sign up for a makeup class.**
- **Failure to register and attend weekly classes will result in your athlete being pulled from the air until attendance resumes. Multiple attendance issues can result in flyer being pulled from the air for the season or being pulled from the team entirely.**

Buyout Fee

- **If an athlete quits or is removed from the program on or after June 11th, 2023 you will be charged a \$400 buyout fee.**
- **No refunds will be given.**

Absences/Tardiness

- **All athletes are expected to attend and observe practice unless hospitalized or contagious illness with a doctors note. This includes those with an injury or a note excusing them from practice from a physician.**
- **All absence requests must be sent in on the website under the cheer tab.**
- **The absence request should be submitted as soon as you know your athlete will be missing or at least 2 weeks in advance prior to the date your athlete is missing practice to be considered for approval.**
- **Practices are mandatory the week leading up to a competition. If an athlete misses a practice during a**

competition week, the coaches reserve the right to remove that athlete from the routine for that competition.

- **Athletes are allowed up to 4 absences for family vacations during the months of June - September 5th.**
- **After September 5th, the only approved absences include contagious illness with a doctors note, family emergencies, and school related events that are mandatory and impact a grade.**
- **If we feel someone is being dishonest about a school related event, we will ask for verification. Dishonesty about a school event will be cause for removal from the program.**
- **Anything beyond 3 unexcused absences may be grounds for removal from your team/teams or the program.**
- **All athletes should be at all practices 5 minutes before their scheduled practice time. Athletes are expected to be 100% ready to be on the floor at the start of practice. This means hair up, cheer shoes on, jewelry out, and cell phones put away.**
- **If you will be late for practice, you must contact Coach Kayla before the beginning of practice. Being 5 minutes late (without contacting a coach) for practice 2 times counts as 1 unexcused absence. Being 5 minutes late (without contacting a coach) 6 times can be reason for removal from the program.**

Fundraising

- **There are two ways for fundraising - one goes through the boosters at the Fire and Ice Pittsburgh gym and one goes through our gym.**
- **All money earned is applied to the athletes account and is used towards tuition, competition fees, apparel orders, camps and travel fees.**
- **If the athlete leaves the gym for any reason, no fundraising money will be returned.**

Miscellaneous

- **Fingernails must be sport length.**
- **All practices/camps are closed. No parents or spectators are allowed in the gym to watch unless specified by coaches.**
- **Punctuality is a must for practices. Please arrive 5 minutes early for all practices.**
- **All competitions are mandatory. Missing a competition could result in dismissal of the program. If you know at the beginning of the year, you will be gone for a competition, please notify Kira or Kayla immediately.**
- **All questions or concerns throughout the season, MUST go through Coach Kayla or Coach Kira.**