



Fire and Ice Mars 2023-2024

Welcome to Fire and Ice Mars Half Year Cheer 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 Beret	Cheer Coach
Allie Lefcakis	Junior Cheer Coach
Addison Johns	Junior Cheer Coach

Fire and Ice Mars Half Year Prep Team

**Parent Meeting for Half Year All Star Prep
Monday, October 2nd 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: Monday, October 9th

5:30 - 6:30 (Birth Years 2015-2018)

6:30 - 7:30 (Birth Years 2011-2014)

7:30 - 8:30 (Birth Years 2010 - 2007)

Individual Evaluations are based on skills the athlete has at the time of placements, as well as potential skills.

Placements are based on age, level and skill.

Team Evaluations: Monday, October 16th

After individual evaluations, athletes will be grouped into teams. Please check the website after 4PM on October 10th to find out what team/teams for your athlete to come to on Monday, October 16th. Team groupings will be posted on the front page of the website. Please check all groups as your number may be listed more than once.

Team Reveal: Friday, October 20th

Join us Friday night, October 20th from 6:00 - 6:45 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!

Practice Day:

First Practices will be Monday, October 23rd. There will be one Saturday practice in December and January.

Youth 1.1 Polar Bears - Mondays, 5:30 - 7:00

Junior 1.1 Snow Squad - Mondays 7:15 - 8:45

Saturday Practices will be Saturday, December 16th and Saturday, January 6th.

Youth 1.1 Polar Bears - 12:00 - 1:45

Junior 1.1 Snow Squad - 2:00 - 3:45

Holiday Closures

December 21st - January 2nd

Choreography Camp:

Choreography will take place November 3rd and November 4th.

Friday, Nov 3rd - Youth 1.1 Polar Bears 5:00 - 7:00

Junior 1.1 Snow Squad 7:15 - 9:15

Saturday, Nov 4th - Youth 1.1 Polar Bears 12:00 - 3:00

Junior 1.1 Snow Squad 3:30 - 6:30

Contact Information and Social Media:

Email: fireandicemars@gmail.com

Phone: 724-726-2002

Facebook: Fire and Ice Parent Support - Mars 2023-2024

Fire and Ice Polar Bears 2023-2024

Fire and Ice Snow Squad 2023-2024

Remind: Each Individual Team will have a Remind group with their Team Parent.

Competition Schedule

January 27th - Dress Rehearsal/Showcase (Fire and Ice Mars Gym)

February 4th - Akron, Ohio

March 2nd - Hershey, PA

March 23rd - Slippery Rock, PA

April 6th/7th - Pittsburgh, PA

Estimated Costs:

\$100 Monthly Tuition (October-March)

\$350 Competition Fees (broken up over 7 months)

\$110 T-Shirt, Sports Bra, Shorts

\$260 Uniform

\$20 - \$35 Bow

\$100 Choreography/Stunt Fee

\$25 Music Fee

\$130 Team Gift Fee

\$45 Team Gift Crossover Fee

\$40 Crossover Fee Per Month

Date				TOTAL
10/9			Tryout Fee \$35	\$35
10/23	Monthly Tuition \$100	Competition Fee. \$50	Practice Wear \$110 Music Fee - \$25	\$285
11/15	Monthly Tuition \$100	Competition Fee. \$50	Stunt/Choreo Fee \$100. 1/2 Team Gift \$65	\$315
12/15	Monthly Tuition \$100	Competition Fee. \$50	1/2 Uniform Price- \$130 Bow \$20 - 35	TBD
1/15	Monthly Tuition \$100	Competition Fee. \$50	1/2 Uniform Price - \$130	\$280
2/15	Monthly Tuition \$100	Competition Fee. \$50	1/2 Team Gift \$65	\$215
3/15	Monthly Tuition \$100	Competition Fee. \$50		\$150
4/1	Monthly Tuition \$25	Competition Fee \$50		\$75

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.

Buyout Fee

- **If an athlete quits or is removed from the program on or after November 2nd, 2023 you will be charged a \$300 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.**