

# TEAM CANADA NATIONAL PROGRAM

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# INTRODUCTION

This program is designed to hone the skills and strengths of high performance athletes, preparing them to represent our nation on the global stage. With a focus on training, strategic development, and support, we strive to cultivate a culture of success and teamwork. Join us as we push boundaries and inspire the country with our passion for excellence.

This program will have a blended delivery with virtual, asynchronous support as well as hands-on practical instruction for all athletes. This season, athletes will be placed on the NTTP team or TCP. Both teams will be competing at Cheer Canada's Scholastic National Championship. TCP will also be competing at the ICU World Championship, and NTTP will have the opportunity to compete internationally in summer 2026.

# COACHING STAFF

Each team will have a minimum of three coaches. All coaches will be certified to coach Premier and bring expertise, ensuring athletes receive top-quality training and guidance to excel in their sport while upholding professional standards. All coaches will participate in developing athletes both mentally and physically; however, their roles will be specialized. The goal is to have continuity of coaching while still allowing coaches upward mobility. Continuity will help create a cohesive training environment, enabling athletes to build upon established strategies and relationships, ultimately enhancing performance and maximizing success.



## **HEAD COACH**

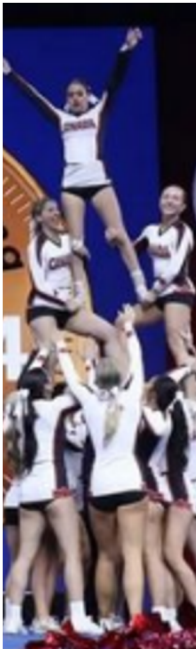
Oversight of the team, skill development and tactical planning. Providing guidance to the athletes and the coaches.

## **PROGRAM COACH**

Provide support to Head Coach and work on training in line with athletes' YTP and achieving their KPIs.

## **ASSISTANT COACH**

Training role working with the Head and Program coaches to provide support and assist with time and team management.



# SCHEDULE

DATE	WHAT	WHO
October 10 - 13	Training Camp	ALL
December 27 - 30	Training Camp	ALL
February 17 - 20	Training Camp	ALL
February 21	Demo: Scholastic Nationals in Montreal	ALL
April 3 - 6	Training Camp	ALL
April 18 - April 25	Gainesville Training & Worlds	TCP only
TBD	International Competition Summer 2026	NTTP only



# SCHEDULE CONTINUED

## ONLINE

- Band Group
- Coaches will post assignment details and provide feedback for athletes on a scheduled basis.
- Cheer Canada staff will post information and updates for athletes, such as camp details, clothing info, guest speaker info, medical info, surveys and forms for athletes to fill out, etc.
- Build a sense of community with athletes, coaches, and staff.

## OPTIONAL IN PERSON OPPORTUNITIES

Once the team is formed, there will be optional training opportunities to work with the national coach(s). These will be across the regions to allow an opportunity to come together with other national athletes and hone your skills.



# CHANGES TO TCP

## **Training Camp Updates**

This year, there are a few key updates to the training schedule, including the addition of an extra training camp. While all camp dates are outlined in your information package, the final locations are still being finalized. We expect to confirm those shortly after team announcements are made.

## **Mid-Season Performance Opportunity**

One of the exciting parts of this year's program is a performance routine at the Cheer Canada National Scholastic Championships in Montreal this February.

This mid-season checkpoint is a valuable opportunity for the team to showcase its progress in a live setting, and offers a chance to assess how the routine is coming together.

## **Returning Athletes – Uniform & Kit Discounts**

If you're a returning athlete, welcome back!

Since we're in the second year of our uniform cycle, you won't need to purchase a new uniform, tracksuit, or backpack if you already have them.

Your discount for this will be reflected in your final fees.



# MORE CHANGES TO TCP!

## **Staying On-Site at Disney for ICU Championships**

Another major change for 2025: the Senior National Team will be staying on-site at Disney during the ICU World Championships in Orlando. This adjustment will simplify logistics, reduce travel time between venues, and improve access to training and competition spaces. We'll be staying on-site from Wednesday to Saturday, which should help you with early travel planning.

## **Crossover Athletes – What You Need to Know**

If you're a crossover athlete—competing both with the national team and an All Star/ICC team—here's how this affects you: Your ICU registration will be paid through Cheer Canada, so you'll only be responsible for the crossover fee with your All Star program, which is generally minimal. We recommend discussing this with your program director or coach right away if you receive a bid, so you aren't double-charged for registration.

# NATIONAL PROGRAM ESTIMATES

Estimated costs for the 2025-2026 season

October Camp	\$20,000
December Camp	\$24,000
February Camp & Performance	\$20,000
April Camp	\$20,000
Gainesville Camp & World Championship	\$170,000*
Props, Music, Clothing, Insurance	\$30,000
Staff (Medical Lead, National Coordinator)	\$15,000
Software licence for medical & medical supplies	\$4,550
<b>TOTAL</b>	<b>\$303,550</b>

Camp costs include:  
Coaches & Medical staff  
travel, per diem, and  
accommodation. Costs  
vary based on location of  
camp and costs within  
the city

\*Florida fees increase  
due to the change for ICU  
registration and the value  
of the Canadian dollar

# COSTS PER TCP ATHLETE

NEW: The ICU has changed how national teams must register. As a result, Cheer Canada will be registering all athletes as ON SITE for a 3-night package at All Star from Wednesday to Saturday. If you crossover to an IASF team, you will only be responsible for paying approximately a \$50 crossover fee and extending your hotel room (or changing to another accommodation). This has significantly impacted the budget, but will make it cheaper for crossover athletes

Cost per athlete \$5250

Returning with competition kit (with uniform, tracksuit & bag) -\$400

Cheer Canada Sponsorship per athlete -\$1300

COST PAID BY ATHLETE \$3550 (returning)

## PAYMENT SCHEDULE

Application Fee \$100

1st Deposit DUE August 15th \$1000

2nd Deposit DUE November 1st \$1000

Competition kit payment (if needed) DUE November 1st \$400

Final payment DUE February 1st \$1,450



# NTTP

The National Team Training Program is an exceptional opportunity designed to develop the next generation of premier athletes in Canadian cheerleading. For this season, a dedicated NTTP team will be formed with a focus on skill development, routine building, and preparing athletes for high-level performance.

As part of the program, NTTP athletes will participate in all Cheer Canada national training camps, giving them consistent access to elite coaching, sport science support, and competitive exposure.

One of the highlights of this season's program will be a team demonstration at the Cheer Canada Scholastic National Championships in Montreal in February. This is an opportunity for NTTP athletes to showcase their skills and progress in front of a national audience.

Looking ahead, Cheer Canada is also exploring the exciting possibility of an international opportunity for the NTTP team in the summer of 2026. While this will depend on team composition and final decisions, it presents an inspiring goal for athletes to work toward and an invaluable chance to gain experience on the world stage.

# NTTP ESTIMATES

Estimated costs for the 2025-2026 season

October Camp	\$10,000
December Camp	\$12,000
February Camp & Performance	\$10,000
April Camp	\$10,000
Props, Music, Clothing, Insurance	\$15,000
Staff (Medical Lead, National Coordinator: shared)	\$5,000
Software licence for medical & medical supplies	\$1,000
International Competition (fees, hotel, training)	\$40,000
<b>TOTAL</b>	<b>\$103,000</b>

Camp costs include:  
Coaches & Medical staff  
travel, per diem, and  
accommodation. Costs  
vary based on location of  
camp and costs within  
the city

NOTE: International  
Competition Costs are  
estimated and will be  
collected upon  
confirmation of event

# ESTIMATED NTTP COSTS

Costs are currently estimate and full details will be released once team composition is confirmed.

Cost per athlete (without International Event)	\$2800
Returning with competition kit (uniform, tracksuit and bag)	-\$400
Cheer Canada sponsorship	-\$600

## PAYMENT SCHEDULE

Application Fee	\$100
1st Deposit DUE August 15th	\$600
2nd Deposit DUE November 1st	\$600
Competition kit payment (if needed) DUE November 1st	\$400
3rd payment DUE February 1st	\$500

ADDITIONAL payment for international event

approx \$1000 - 1200



# SPONSORSHIPS

Cheer Canada is committed to supporting our athletes by covering up a set price for the season, and includes any budget shortfalls. Cheer Canada will actively seek sponsorships.

Sponsorship specific to the national program will be divided equally among the athletes as a credit for the final Feb 1st payment, or if sponsorship is later in the season, it will be given as a rebate. This initiative aims to provide robust support for our athletes while ensuring the operational success of Cheer Canada.

Cheer Canada will be reviewing sponsorship packages over the summer in order to help promote further corporate sponsorship, in-kind donations (from facility rentals, medical supplies, etc)

TCP athletes will be able to fundraise their personal fees through Zeffy and local opportunities they identify (past examples include raffles & silent auctions at local cheer events).

Use of the Cheer Canada logo and Team Canada requires permission in advance.



# REQUIREMENTS

- Athletes must be born in 2010 or earlier. NOTE: You will not be eligible for TCP until the following season unless your birth year is 2009 or earlier.
- Athletes are required to be a minimum of six (6) months consecutive permanent resident in Canada prior to competition.
- Athletes must be eligible to travel internationally with a passport valid for a minimum of six (6) months past the date of return from the competition.
- TCP athletes will become registered athletes in the National Athlete Pool as per the requirements of the Canadian Centre for Ethics in Sport (CCES). All athletes must meet anti-doping requirements year-round. Further information is available [here](#).

**Fill out the form with your video\* and pay the application fee by July 15, 2025.**

**<https://form.jotform.com/CheerCanada/TCP-NTTP-2025>**

- SUBMIT one video per group/pair. \*Athletes who were on TCP 2024 at ICU do not need to submit a new video, provided their group/pair is fully intact and all athletes are returning. Coaching staff may have other assignments as a replacement for the video application process.
- Only include videos taken within the past month (if not able to, explain why)
- Follow the skills in the order of the skill list. If you cannot safely perform any skill, skip it.
- Tumbling should be on a non-sprung floor where possible. Please show the floor surface (ie sprung or non-sprung in EVERY tumbling clip)
- Please do not include any sound (background noise, music, counting, etc. after the introduction.

**Skills list can be found online here: <https://cheercanada.ca/team-canada/ntp>**





C H E E R C A N A D A