



présenté par  
**LOUD & PROUD**  
*Boutique*

# COACHS' INFORMATION

## VENUE AND ACCESS

Centre d'Excellence Sports Rousseau  
3600 Boul. de la Grande-Allée, Boisbriand, QC, J7H 1M9

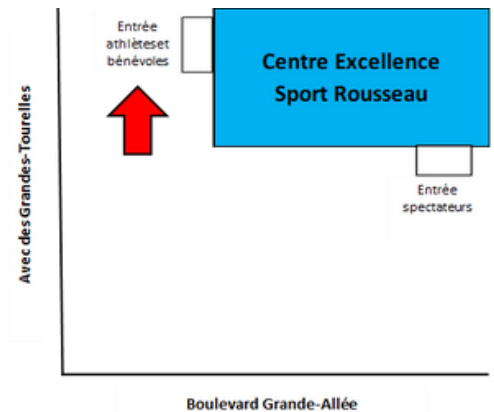
	Friday March 22	Saturday March 23	Sunday March 24
Doors opening for <u>athletes and coaches only</u>	15h45	7h00	7h00
Doors opening for spectators	16h30	7h30	7h30
Start of the competition	17h00	8h10	8h15

## SCHEDULE

The final schedule will be available on March 7th at [www.kickscheer.com/celebration](http://www.kickscheer.com/celebration).

## COACH AND ATHLETES' ENTRANCE

Please enter by the door on the left side of the arena, follow the "Air dancer".



## PARKING

There is free parking at the arena and in the surrounding streets, but spaces are limited. There will be a free shuttle that will run every 30 minutes between Faubourg Boisbriand (behind Microtel near Zibo, 3000 d'Annemasse street) and the arena on Saturday and Sunday.

SHUTTLE SCHEDULE	Saturday	Sunday
Shuttle start time	8:00	8h00
Departure from Faubourg Boisbriand (behind Microtel near Zibo, 3000 d'Annemasse street)	:00 and :30	:00 and :30
Departure from arena	:15 and :45	:15 and :45
Last departure from arena	22:45	21:15

## ATHLETES' REGISTRATION

3 options are available to you to get your accreditation envelopes for the competition:

- By appointment Wednesday March 20 between 1:00 a.m. and 3:00 p.m. at our offices at 1420 av. Berlier, Laval,
- By appointment Friday March 22 at the arena between 10:00 a.m. and 12:00 p.m. Click [HERE](#) to book an appointment
- At your arrival at the competition as per usual.





# COACHS' INFORMATIONS

## ATHLETES' INSTRUCTION

- Athletes must arrive ready to compete (makeup and hair done).
- There is no water station, bring your own bottled water.
- Your athlete bracelet allows you to come and see the competition as a spectator for the whole weekend, keep it on your wrist! Lost bracelets will not be replaced.

## CERTIFIED COACHES VERIFICATION

You must have proof of photo identity to verify your Cheer Québec coach certification. The verification will take place at the practice field before your team warms up.

## SERVICES OFFERED ON SITE

- Fan Zone - Please note that the Fan Zone must be vacated after each performance.
- Kiosks on site: Loud & Proud, O'Pluriel, Cups & Crafts, Intense Athleisure, Miss Accessoires and Avenue Spray Tans
- Sport Rousseau Center of Excellence restaurant is open for the duration of the competition

## OFFICIAL MERCHANDISE

Official bow, event t-shirt and Crocs pins will be available on site at the Loud & Proud kiosk and for pre-order for on-site pickup :

[www.kickscheer.com/celebration](http://www.kickscheer.com/celebration)

## CHEERSOUNDS VIP LOUNGE



- CheerSounds, the cheerleading mix creation company, is pleased to sponsor a dedicated breakout room for coaches and gym owners.
- Only people who have been previously registered on the list are admitted to the CheerSounds VIP room
- Proof of identity will be requested

## HIT ZERO CONTEST

HIT for the CAUSE:

- For each Hit Zero, Kick's will put \$20 into a prize pool,
- Hit Zero and choose your favorite cause from the list provided by Kick's,
- At the end of each block, a finalist team will be drawn and each athlete will receive a gift. The cause selected by the team becomes a finalist for the final prize pool,
- During the last awards ceremony, the winning cause will be drawn from the finalists.





# COACHS' INFORMATIONS

## COSTUME CONTEST

Take out your most beautiful costumes related to the theme "DISCO", you could win a Rebel backpack filled with Loud & Proud products.

Anyone can participate, just post a photo of yourself with your "DISCO" themed costume in a post or story by tagging @Kicks Cheerleading on Facebook or @kicks\_cheer on Instagram.

## MUSIC

You must send your music to [info@kickscheer.com](mailto:info@kickscheer.com) before Friday March 15th. Our music policy is available [here](#).

## WARM UP AREA

- Warm up station
- Stunt : 3 lines
- Tumbling : 1 line 60 feet
- Springfloor : 9 lines with musique
- Time between the station : 4 minutes

## ROUTINE INTERRUPTION FOLLOWING INJURY

Please see the [Routine interruptions following injury](#).

## SCORE SHEETS

- Approximately 15 minutes after the performance, you can pick up your deduction sheets at the score check table.
- After reception of the email, you have 10 minutes to contest the deduction at the review table.
- The rest of the judges' sheets will be sent to you, again by email, after the awards ceremony.
- The email used is the email that is confirmed upon your arrival during the athlete accreditation.
- If you do not receive your judges' sheets, go to the judges' table.



## BIDS INFORMATIONS

For bid information clic on the following link : [Bid Declaration](#).



# COACHS' INFORMATIONS

## AWARD CEREMONY

- Award ceremony will take place at the end of each block except for :
  - Prep U6 and All Stars U6 who will receive participant medals and an incredible performance banner immediately after their performance.
- Athletes will receive 1st, 2nd, 3rd place or participant medals.
- The teams obtaining 1st, 2nd and 3rd place will receive banners.
- Judges' choice: 2 per block, each winner receives a free registration at Graduation Québec or Montréal, as desired, for the 2023-2024 season.
- Excellence program award : Awarded to the program having obtained the highest average among all its registered teams, excluding Novice, Prep U6 and U8, All Stars U6 and Worlds teams. (Minimum registration of 3 civil and 2 school teams to be eligible.)
- Bid World: 4 partial paid and 12 at-large will be awarded, the bid award ceremony will take place after the last block on Saturday evening.

## SOCIAL MEDIAS

- Facebook : Kick's Cheerleading
- Instagram : Kicks\_cheer
- Hashtags : **#kickscheer** and **#kickscelebration**

## PHOTOS AND VIDEOS

Photos will be available for free at [www.kickscheer.com/celebration](http://www.kickscheer.com/celebration) during the week following the competition.

The videos will be available on the Kick's Cheer & Events YouTube channel during the week following the competition.

## ATHLETES AND SPECTATORS EXIT

Athletes exit through the door through which they entered.

ALL spectators must exit through the exit located on the 2nd floor in the kiosk area.



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# PLAN GLOBAL

