



Chantel McDougall
Founder & Executive Director

Hi Families, I have to say I'm very excited to carry on Dalena's legacy. I have connected with Coaches Mikayla, Janae, and Karlie. We are looking forward to working together as a team as we transition you and your child into Channel Performance studio.

I would like to introduce myself. I am Chantel McDougall, Founder and Executive Director of Channel Performance. I have been a coach for over the past 25 over years. I began my training as a figure skater and a dancer. I am a National Level Coach, and I have completed the Advanced Coaches Diploma. This is a prestigious level to achieve in coaching, equivalent to a university master's but in coaching. I'm currently with Skate Saskatoon and starting a Skating School in Aberdeen in June. I will also continue to work with the programs Channel Performance offers.

My journey began when I designed an off-ice program for my athletes back in 2012 in a multi-sport, cross-training program and had our athletes work with Ralph Schoenfeld in mental training. Rhythmic Gymnastics was a sport that was included as a off-ice sports training program and was led by Michelle Rachey from Prairie Ribbons. The results were astonishing. Our athletes improved significantly faster on the ice as if they had trained 2 extra days. I also noticed that the youth within the community were starting to join our training program as their cross-training program. I become obsessed with their development. Though once covid hit, I was worried I would lose my momentum. I decided to lock into a lease and take all my coaching courses in other sports to help build a studio and focus on building multi-sport athletes.

My theory and coaching philosophy are now showing results in my athletes. Many of our athletes are developing at a rapid pace. I have now become an artistic gymnastics coach, Cheer, Performance Cheer coach- pom, hip hop and jazz, Intellidance -3 months to 5 years old (in gymnastics, music, dance and creative movement), rhythmic gymnastics, acro gymnastics, Alixa Flexibility modules 1-4, Power skating from Grassroots to WHL, Figure skaters recreational to competitive, Ballet, Parkour, Active Start, Track, Circus- Silks, hoops, trapeze, and Twirling Baton.

I plan to be a part of the coaching team in rhythmic gymnastics along with your incredible coaches.

Fundraising opportunities

Channel Performance has been apart of Prairie Boys Bartending stream since 2018 at Sasktel Centre. You are welcome to join to help lower your costs with Channel Performance or use your money towards competition or training opportunities. I have reached out to our Coordinator Renee letting her know that you will be joining Channel Performance and may be wanting to take this opportunity.

You are required to have your SIR certificate to participate. Please apply online on our programs page. Each event varies in profit. I have seen \$60.00 to \$150.00 per event paid out to each participant. 7% goes back to Channel Performance and the rest goes back to you. You make minimum wage plus tips. Tips are shared and divided by all the bartenders working the event. All Bartenders are connected to a non-profit and your insured through Channel Performance.

We are able to continue to build the fundraising committee. We are open to working with anyone if some would want to take on the lead to build other and new opportunities to help lower your costs. Channel Performance can handle the administration and track the payments and deposits on my end. We would be happy to assist to help build more opportunities for our Channel Performance Community.

Vision

Channel Performance is looking to relocate. We now want to include Rhythmic gymnastics in our vision as we expand. To find a location we are looking at \$6,000.00 increase in our monthly lease payment that we are already paying into. A build out was budgeted for the minimum costs of \$100 grand. To add flooring and additional space needed to fit in our vision we will need some time to budget and save money for our next move. In the meantime, we will operate in two locations until we can for fill our vision. I have resigned our lease this past March for another 5 years. Hopefully we can make a new home sooner and lease out our current space to another business.

Season begins September 2026 to May 2027

Chorography week Last week in August

Summer training Thursday evenings for 7 weeks- registration is open

Year-end showcase last Sunday in May at Prairieland

Fees

Channel Performance has completed recently a survey with all the dance studios and gymnastics clubs in Saskatoon. Our fees are based on the 45 min to 1 hr session. We are right in line with all the dance studios in Saskatoon and lower in fees than the gymnastics clubs. We also offer a discount for each 45 min to 1 hr class that is given to each athlete.

Packages for Training

Recreational- Circus class, this class teaches the basics in Rhythmic gymnastics, strength training with silks, hoops and trapeze, baton and tumbling. Athletes are required to purchase a club leotard for our circus stream. This leotard does not change from year to year. You can purchase new or used (depending on availability) \$70.00 a month

Annual Gym Sask fee \$48.00

We will design club leotard for the girls to have for group routines, competitions, and our year-end performance. Also, for those who want to do a solo they can use their club leotard to help save on costs without having to purchase a costume. You can then sell your leotard to another family.

Next Generation

8:45am-10:15am at the studio Rhythmic Gymnastics. \$130.00 per month

Pre-Comp

8:45am-10:15am at the studio with equipment, Dance class- technique on jumps and turns Sundays, one strength training class in circus or tumbling. Flexibility is offered to both Circus and Tumbling as a 30 min. bonus class before or after. (Tumbling (acro skills) is offered on Saturdays, Circus- offered on various days). \$240.00 per month.

If you would like to add an additional class in Tumbling or Circus its \$295.00 per month.

Competitive

Competitive A- Part time

Off location training - 3 hours one day a week

Update Scheers is unable to rent out for 5 hours a week. I'm currently looking at Lakeview Church gymnasium.

Dance class- technique on jumps and turns Sundays and a bonus class in Alixa flexibility

Tumbling (Acro skills) on Saturdays Bonus class in Alexa flexibility

Program fee \$295.00 per month

Rental fee for off location \$60.00 per month based on 12 students

Total \$355.00 per month

Gym S ask fee & competition fees are separate

Competitive- Full time

Off location training we are hoping for Scheers- 3 hours one day a week, 2 hours another day. Update- Scheers is unable to rent out for 5 hours a week. I'm currently looking at Lakeview Church gymnasium.

Dance class- technique on jumps and turns Sundays and a 30 min bonus class in Alixa flexibility

Tumbling (Acro skills) on Saturdays 30 min Bonus class in Alexa flexibility

Bonus One open studio session for 1 hour for practice on Fridays at the studio

Program Fee \$405.00 per month

Rental Fee based on 12 students \$100.00 per month

Total \$505.00 per month

Gym Sask fee & competition fees are separate