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Why White Rose Cheer?

White Rose Cheer was founded in September 2015, bringing the thrill of cheerleading to children in South Leeds and beyond. Since then, our journey has been marked by success, driven by several key factors:

- Our exceptional cheerleading facility located in Gildersome, Leeds, stands out as a premier venue in our region, plus the only gym dedicated to cheerleading.
- Our remarkable coaching team. All staff are qualified to the highest levels, and hold fully enhanced DBS checks, first aid and safeguarding qualifications, and hold a host of Regional, National and International titles under their belts.
- Travelling the world? Absolutely! From the USA to Barcelona, Amsterdam, and Germany, we are now preparing for further travels into Europe and Orlando, Florida during Season 10, following the receipt of six bids to travel to the USA.
- We thrive on flawless Zero moments (no deductions!) and securing titles from local competitions to global World Level events.
- Community engagement is central to our values. Whether partnering with Leeds University Celtics or involving our local teams in the rental of our facility, we love being a hub in our region.
- Our affordable pricing ensures accessibility for all to join our programs. We advocate for inclusivity among all cheerleaders!
- We provide opportunities for all age groups and skill levels, from young beginners to seasoned athletes, offering various classes to showcasing ALL talent levels. Our focus is on fun, with a sprinkle of sparkle and enthusiasm!



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International Travel Teams

For more details on our International Travel Teams and International Program in general, please see the International Handbook for Season 10, which can be found in the Documents Section of our website.

We are so proud to have won no less than SEVENTEEN bids to compete in Orlando, Florida in 2025! We have decided to defer the vast majority of our bids, for a much larger trip in 2026 which will encompass Allstar Worlds, Nfinity Finals, and hopefully IASF Worlds and the Summit. This year, we are travelling with Icons ONLY to IASF Worlds 2025:

ICONS U18 5 IASF Worlds Orlando, Florida April 2025 Travelling to IASF Worlds on a Partial Paid Bid from Future Cheer Dates of trip: 22.04.2025-30.04.2025 Cost of trip: £1100 per traveller (flights, accommodation, minibus transfers)

We are taking SIX teams to the Elite Cheerleading Championships in Bottrop, Germany! Dates of the trip are 06.06.2025-10.06.2025. All information can be found within the International Handbook. Our competing teams are as follows:



Our Cheerleading Streams

Recreational Cheerleading and Tumbling Academy Our Recreational Streams - Oysters Cheerleading and Tumbling Academy - offer low commitment, low-cost sessions

Our Recreational Streams - Oysters Cheerleading and Tumbling Academy - offer low commitment, low-cost sessions without competitions. Just join in, practice stunts and tumbling, and explore the world of cheerleading or tumbling in a fun, well-equipped setting. This season, we have 15 small groups within Tumbling on a Saturday to enable everyone to progress correctly, plus a projected 2 weekly Recreational Oysters Classes.

Novice Teams

Our Novice teams are our most affordable competition teams as they require less training time and have a lighter competition schedule. These teams are designed for younger, newer athletes and will receive a rating at competitions, not a placement. Novice teams will compete in four competitions annually, all located within a 90-minute drive from Leeds. Additionally, tumbling on Saturdays is included in the monthly fees.

Prep Teams

Our Prep teams are designed for intermediate athletes, with slightly less demanding competitive standards than Allstar teams but more challenging than Novice teams. Prep teams will participate in four competitions annually, all within a 90-minute drive from Leeds. Additionally, all Prep Teams will have the opportunity for a Choreography Day, and Saturday tumbling is included in the monthly fees.

Allstar Teams

Our Allstar teams, designed for dedicated and competitive athletes, train once a week. At the start of the season, these teams have a special choreography day. They will compete in four to five annual competitions, all located within a 90-minute drive from Leeds. Monthly fees cover tumbling sessions on Saturdays.

Elite Teams

Our Elite teams, designed for our most advanced, dedicated and competitive athletes, train once or twice a week. At the start of the season, these teams have a special choreography day. They will compete in four to five annual competitions, including several National Events. Monthly fees cover tumbling sessions on Saturdays.

Development Training Teams

This season, we are so proud to be providing opportunities to develop our Prep athletes hoping to move into the Allstar stream, our U12 Rising Stars, our Intermediate athletes, our future Worlds Program, and our most Advanced athletes learning the ropes at Level 7! We know that all four Development Streams will be very popular. Development is NON-COMPETITIVE.

Monthly Training/European Travel Teams

We are so excited, for the fifth season, to be able to run our International Monthly Training Program. This season, we are hoping to field teams to travel to ECC in Germany (June 2025). We can't wait! You can read more about our International Trip(s) in our International Handbook.





Stunt Groups

At selected competitions that we are already attending, we will invite our strongest stunters to form small teams of 4 or 5 athletes for a Stunt Group routine - 1.5 mins of pure stunting! These athletes will train for half an hour a week at a time to suit them and their coach. These teams train weekly and are invite-only.

Dance Team(s)

Within our Youth Program, we intend to continue the great work of our dance program and continue Youth POM, Ivy. The team is open to athletes of ages 7-13, as a crossover from cheer or interested in pursuing Dance only. This team trains exclusively in our Dance Studio.

Flyer Classes

This class (three per week) is highly recommended for all flyers across all our teams. Our Elite flyers will be required to attend one per week at least. A home program will be provided instead if flyers have a prior commitment and cannot attend live. Bases are very welcome to join us too - stretching benefits everybody! The cost of this class is INCLUDED in your monthly fees.

Stunt Classes

We run an invite-only Stunt Class once per week for those athletes who are progressing their stunting to the next level. Stunt Class covers levels 3-5, and works on stunts, baskets and pyramid work. Attendance is expected each week, but the class does NOT compete.

Private, 1-2-1 Coaching

Private classes are the best way in which your athlete can progress their tumbling, basing and flying skills. The slots for these are posted on our Private Groups and can be booked when they become available. These are always extremely popular! Whilst most classes are 1-2-1, there will be options in some instances to share a slot with another athlete.

Junior Coaches Program

Our Junior Coaches Program is a shining jewel in what we do here at WRC. We offer our athletes aged 11-16 to develop their coaching skills by either shadowing a main coach, and assisting in the class, or in some unique cases to take charge of their very own team. This season, we will continue to offer a very small number of Nominated Junior Coaches a 50% discount on their first team's fees as a thank you for any exceptional hard work they put in. Junior Coaches are expected to hold a qualification to Level 1, and commit to the projected Internal Training Dates at the WRC Gym, held on selected weekend dates.



Please find details of all our weekly competitive cheer teams, and the days/times they are training on for the entire season.

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Monday

Oysters - Rec Cheer 5.00-6.00pm Omni YN 5.00-6.00pm Odyssey U14 1 - 5.30-7.30pm Orbit U16-4 - 6.00-8.00pm OsculeNT U18-NT2 - 7.30-9.00pm Idols Open NT6 - 8.00-9.30pm



Origin U8-1 - 5.00-6.30pm Orpheus S3 - 5.00-7.00pm Ohana JN - 7.00-8.00pm Infinity U16-1 - 7.00-9.00pm

Wednesday

Orcas MN - 5.00-6.00pm Oblique YP1.1 - 5.00-6.00pm Onyx JP1.1 - 6.00-7.30pm Oblivion U16-2 - 6.00-8.00pm Ovation SP1.1 - 7.30-9.00pm OpuleNT Open NT3 - 8.00-9.30pm

Thursday

Olympia U12-1 - 5.00-6.30pm Optimum U14-2 - 5.00-7.00pm Outrage S5 6.00-7.30pm Icons U18-5 - 7.30-9.30pm

Friday

Ospreys TP1.1 - 5.00-6.00pm Opal MP1.1 - 5.00-6.00pm Oracle U12-2 - 5.30-7.30pm Obsidian U14-3 - 6.00-8.00pm

Otters TN - 9.00-9.45am

Amber and Orange -9.00-10.30am Peach - 9.45-10.30am Coral, Red and Maroon -10.15am-12.15pm Turquoise, Teal and Sapphire -12.00-1.30pm Rose, Blush and Pink - 1.15-2.45pm Lavender, Lilac and Indigo -2.30-4.00pm

Begins Monday 9th September 2024



DIVAS Prep to Allstar

DAZZLE Level 3+

DIVINE Rising Stars DREAM Level 7

DIAMOND Future Worlds Program



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All days and times will be confirmed to us as soon as we have block schedules, which are usually released around September time. Exact timings of competition are only released to us a small number of weeks before the event in question. Please keep the whole day free until we can confirm these times. All athletes are expected to attend each competition for the full season with their team - it is likely they will be moved into a Recreational Stream if they cannot commit to one of the listed events.

ICC Battle of Champions takes place on Saturday 5th July, and we will be making firm decisions about which teams we are bringing after our attendance at ICC Northerns in January 2025.



We are continuing the great work of our wonderful WRC Tumbling Academy in Season 10! All timings are on SATURDAYS.

Tumble Group	Day/Time				
Amber	9.00-10.30am				
Orange	9.00-10.30am				
Peach (Otters)	9.45-10.30am				
Coral	10.15am-12.15pm				
Red	10.15am-12.15pm				
Maroon	10.15am-12.15pm				
Turquoise	12.00-1.30pm				
Teal	12.00-1.30pm				
	12.00-1.30pm				
Rose	1.15-2.45pm				
Blush	1.15-2.45pm				
Pink	1.15-2.45pm				
Lavender	2.30-4.00pm				
Lilac	2.30-4.00pm				
Indigo	2.30-4.00pm				

How WRC's Tumbling Academy Works

All WRC athletes are entitled in their monthly fee to one tumbling class per week on top of their cheer class, and each athlete is heavily encouraged to take it. Tumbling is a HUGE part of our routines, and these are the primary opportunities to perfect existing skills and gain new ones.

Our Head of Tumbling, Courtney Gorman, coaches tumbling on a Saturday alongside other members of our coaching team. Our groups are kept small and skill focused, and we pride ourselves on perfection of skill before progressing to the next, in order to build the necessary foundations for a successful tumbling journey.

All athletes will be told their tumbling cohort upon joining the program, usually following a short informal assessment of their current skill set during Placement Week. If your athlete is part of the main Placement Week for Season 10, this will be confirmed to you in your Welcome Email. The above groupings are subject to wiggle room and will be confirmed upon Placement Week - we always wish to build the most appropriate groupings for the athletes.









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Please find below a breakdown of all expected costs to be a part of our program. In Season 10, we are moving to a model that allows for more flexibility with our competition entry payments, which has enabled us to DROP our monthly fee cost. All hours quoted include Cheerleading AND Tumbling.

Team Name	Fees per month: Payable on 1st Sept-July Inclusive via Coacha	Competition Fees: Payable In 3 different ways***	Extra Mandatory Costs: Payable by 30th September 2024 via Cosoha
Oysters (Recreational) (1 hour per week)	£30 (Per 6 week block)	N/A	N/A
Tumbling (1.5-2 hours per week)	£25	N/A.	NIA
Otters (1.5 hours per week)	£30	£120	Music - £18 Bow - £10
Novice/Prep Teams (2.5 hours per week)	£40	£120	Music - £18 Bow - £10
Prep Teams (8.5 hours per week)	£45	£120	Music/Choreo - £35 Bow - £10
Allstar Teams (Regionals attendees) (4 hours per week)	£55	£134	Music/Choreo - £35 Bow - £10
Allstar Teams (Nationals attendees) (4 hours per week)	£55	£190	Music/Choreo - £35 Bow - £10
		Infinity - £241	infinity - £42 (choreo)
Idols (8.5 hours per week)	£58	£190	External Music - TBC Choreo - £42 Bow - £12-£15
(4 hours per week)	£59	£137	External Music - TBC Choreo - £58 Bow - £12-£15
Development and Germany Teams (2 hours per month)	£20	Development - non-competitive Germany - entry facs TBC	Bow - £10

***COMPETITION FEES PAYMENT OPTIONS -- please note these are non-refundable and full payment is expected.

- Payable in one go, on/before 30th September 2024
- Payable in three (unequal) instalments by/on 30th September, 31st January and 31st March. September's instalment will be heavier to reflect the deadlines set by the Event Providers in question.
- Payable per event, by the deadline set by the Event Provider. Dates range from November through to April inclusive.

EXTRA OPTIONAL COSTS TO CONSIDER - Spectator Tickets to events will range from £55-£150 for the whole season, depending on which events your athlete/family is attending. Most of these tickets can be ordered through WRC, and some directly through the Event Providers. Most events shouldn't require a hotel stay and this remains optional for families. We do not provide transport to the event - please consider petrol and parking expenses too.



All payments for monthly fees, and one-off payments for uniforms, optional kit ordered and spectator tickets will be taken via our software system, Coacha.

Your monthly fee INCLUDES

- All training fees for your team(s)
- All Tumbling Academy classes on a Saturday
- All insurance costs and contributions
- All coaching and venue costs
- All Development and Germany teams your athlete is doing

All other costs come as extras and are NOT included:

- Competition Entry Fees (as charged by each individual Event Provider)
- Spectator Tickets to watch your athlete at competition *a parent/guardian is required for athletes 11 years old and younger*
- Competition Uniform and Bow for new athletes only
- Any OPTIONAL training kit, such as tshirts, hoodies, crop tops and shorts, etc.
- Choreography and Music contributions (which vary from team to team)
- Any costs associated with International Travel, such as flights and accommodation

Please see our Fees, Finances and Refunds Policy on our website for a full list of terms and conditions relating to all finances and monies coming into our club.

We NEVER wish finances to be a barrier to participation here at WRC, and invite you to speak to us if you have concerns. We may be able to help!

Crossover Information and Sibling Discounts

- A CROSSOVER ATHLETE is an athlete who trains and competes with more than one team within the WRC program. Athletes may be invited to be a crossover if we believe they will add value in their second team, and/or it will help them grow as an athlete.
- No WRC athletes can compete with more than three teams as per crossover rules for UK Cheerleading. This does not apply to Development Teams, Monthly European Travel Teams, and Stunt Groups.
- All crossover athletes will have an extra £22 added onto their monthly bill to cover the extra training cost, rather than pay full price for the second team.
- If they train with a third team, this will cost £12 on top (£34 per month total for teams two and three).
- You will be expected to pay full price for your first team, and the discount will be applied to subsequent team(s).
- All crossovers will also be expected to pay a discounted rate to Event Providers for their athlete's subsequent teams, on top of their initial entry. This can vary from £60-150 for all events across the season, depending on which crossovers you have.
- We offer a 10% sibling discount to parents who are paying for a second/third athlete, regardless of the household where the athlete resides, on the less expensive monthly fee(s).
- We offer a 50% Junior Coach discount on each JC's first team if they are an experienced JC, and 10% if they are just starting out.

Uniform and Training Kit

Competition Uniform - Allstar Program

Our main Allstar Competition Uniform is worn by all teams in our Allstar, International and European/USA Travel Teams (aside from Icons). It consists of a rhinestoned leotard with mesh on the midriff, and a skirt with built in modesty shorts. These are £170 and it is a requirement for all athletes to have one. We do sell some second-hand from alumni who are willing to sell.





Competition Uniform - Novice and Prep Program Our Novice/Prep Program is worn by all teams in our Novice and Prep streams (aside from Ovation and Otters). It consists of a black top with rhinestoned detail, and a skirt with inbuilt modesty shorts. These are £70 and it is a requirement for all athletes to have one. We do sell some second-hand from alumni who are willing to sell.

Each season, we sell a number of branded WRC training kit

bought as optional extras. We do not require that any athlete

athletes purchase at least a tshirt so they can feel like part of the team on competition day. We are excited to release this

such as tshirts, vests, hoodies, sherpas, etc, that can be

purchases any optional kit, but we do recommend that

Competition Uniform - Icons (IASF Worlds Team) We are excited to announce a NEW design for Icons this year, made by Power Nation!

All details will be shared on Social Media when finalised.





Extras for Competition Wear

All athletes will need additionally:

- Bow, £10-16, which athletes can receive from us
- Plain WHITE trainer socks, which athletes source themselves
- Plain WHITE trainers, which athletes source themselves. Many of our athletes wear Nfinity Cheer Shoes, but we do not require them.



Training Kit - OPTIONAL

season's designs soon!

The Small Priv

- All our policies can be found on our website. We'd like to draw particular attention to our Attendance Policy, which is strictly and fairly enforced for the benefit of all our teams.
- We expect all our athletes to be good attenders, display good punctuality, and be fantastic team mates in and out of the gym. If any athletes fall below these standards, we will open communications with parents as to any necessary next steps and, if applicable, how we may be able to support.
- All adult athletes and parents will be expected to sign a Code of Conduct to help manage expectations for Season 10 - you can find a copy here: https://forms.gle/VXSKGzZPMK8MagXo9
- White Rose Cheer runs in the same way as any Non-Profit Organisation, which means that any excess income the club makes gets re-invested into the club to make the athletes' experiences as good as they can be. Non-payment and late payments hits us very, very hard. Please see our Fees, Finance and Refunds Policy to be aware of our procedures in this area which we have to strictly enforce.
- All teams in our Prep, Allstar/International and Elite stream will have a special Choreography Day (occasionally, two days). These dates are mandatory to be able to participate in these teams.

