

# WHITE ROSE CHEER



## SEASON 9 2023-2024 HANDBOOK



#CLOUD9





# HOW TO FIND US



**"The White House" can be found at  
4 Gildersome Cross  
Gelder Road  
Gildersome  
Leeds  
LS27 7BF**

**We are behind "The Bathroom House", just past the M62 J27/M621 Junction.**



**White Rose Cheer**



**@whiterosecheer1**



**@whiterosecheer  
@whiterosecheertumble**



**White Rose Cheer**



**www.whiterosecheer.net**



**@whiterosecheer**

# COMMUNICATIONS

- Program Director, Kelly Loughlin - [whiterosecheer@gmail.com](mailto:whiterosecheer@gmail.com)
- Registering an absence, and Coaching Team - [wrcabsences@gmail.com](mailto:wrcabsences@gmail.com)
- New Parent Rep, Tracy Findlay - [welcometowrc@gmail.com](mailto:welcometowrc@gmail.com)
- Head of Tumbling, Courtney Gorman - [whiterosecheertumble@gmail.com](mailto:whiterosecheertumble@gmail.com)
- Welfare Officer, Tracy Findlay - [wrcwelfareofficer@gmail.com](mailto:wrcwelfareofficer@gmail.com)
- Main Facebook Group for all WRC members and parents - "White Rose Cheer - Club Information"

# WHAT IS CHEERLEADING?



Cheerleading is now very far away from the stereotypical images of pom poms, shouting from the sidelines, and short skirts. Now, cheerleading is an exciting hybrid of acrobatic stunting, gymnastic floor tumbling, a little bit of dance, and a LOT of energy. It is an inclusive, demanding sport, and we consider our cheerleaders to be true athletes.

There is a space for everyone at White Rose Cheer - regardless of gender, sexual orientation, ethnic background, or age. We also accept everyone's ability level - whether complete beginners or seasoned advanced athletes.

We find that cheerleading tends to keep young people, especially girls, involved in a team sport where previously they've found themselves disengaged. The benefits of taking part in a team sport, such as cheerleading, are endless. Our athletes don't just learn how to stunt and tumble - they learn to be a part of a big picture, to push themselves physically and mentally, to prioritise their time, to form long lasting friendships, and become beacons of positivity.



We compete 4-5 times a year, showcasing a 2.5 minute routine jam-packed with all the skills we've been working on in training. Winning trophies and regional/national titles is an incredible feeling, but our main focus is always on creating the lifelong memories and positive experiences our athletes get at each competition, and in the training leading up to it. This is worth far more to us than any trophy or placing.

*Cheerleading is a year-long commitment and drops mid-season affect the entire team negatively. Please be sure you can see through the commitment. If you are not sure you can, don't worry. We have other avenues for you at WRC!*

# WHY CHOOSE WHITE ROSE CHEER?



White Rose Cheer was established in September 2015, to provide local children in South Leeds and the surrounding areas with the UK's fastest growing sport. Since then, we have gone from strength to strength. We feel that our program is successful due to:

- Our state-of-the-art, exclusive, purpose built venue in Gildersome, Leeds. Our venue boasts two sprung floors, a dedicated dance studio with floor-to-ceiling mirrors, significant tumbling coaching equipment including three extra-long air tracks, a dedicated car park, and surround sound and playback equipment, among other utilities.
- Our incredible, dedicated coaching staff. We have five World Championship finals accolades between us, including two coaches who have represented the country as part of Team England All Girl Premier. All our coaches hold fully enhanced DBSs, are qualified in cheerleading to the highest level possible, and are First Aid and Safeguarding trained.
- The opportunities we provide to our athletes. Through our eight years in existence, we've travelled to the USA, Barcelona, Amsterdam and Germany on a number of occasions. This season is no different, with our bumper FLORIDA trip to accept our multiple bids to World Championship Events!
- Our competitive record. We love seeing our hard work paid off by the rewards of Hitting Zero (gaining no deductions in a routine), and winning Regional, National, International and Grand Champion titles. We're also proud to have won bids to US Finals Chicago, UCA Nationals Orlando, Allstar Worlds and The Summit during our time in existence.
- The strong links we have with our local community. We have enjoyed a strong relationship with Leeds University Celtics since our establishment, alongside several other local clubs who come to use our facility. We are also proud this year to be a Team England Host Gym.
- Our low-cost, all-inclusive fee. Cheerleading can be a very expensive sport and we don't wish for finances to be a barrier to participation.
- The opportunities we have for growth - we have teams right from our beginners who are 3 years old, our Worlds Teams, and everything in between for all ages and all ability levels. We even run Baby Classes, and Recreational Tumbling (Gymnastics) Classes with no competitive expectation.



This year, we have FOUR White Rose Cheer teams travelling to Orlando, Florida, to compete in three different world-level events -

Cheerleading Worlds, The Summit and the Allstar World Championship!



# PLACEMENT WEEK 2023



Monday 3rd July	Private 1-2-1 Sessions Flyer Evaluations	All ages
Tuesday 4th July	Tiny and Mini Placements Youth Placements	5.00-6.30pm Ages 4-8 6.00-8.00pm Ages 9-11
Wednesday 5th July	Junior Placements	6.00-8.00pm Ages 12-14
Thursday 6th July	Senior Placements	6.30-8.30pm Ages 15+

*There will be a special Placement session on Sunday 9th July for those hoping to travel as part of our Orlando teams. Please see the International Handbook for more information.*

## HOW DOES IT WORK?

- **Step 1:** Complete your Interest Form which you can find in your emails (existing athletes), all our Social Media Pages, or our Website. This will be released in late May 2023. If you have any questions, don't forget to email us on [whiterosecheer@gmail.com](mailto:whiterosecheer@gmail.com).
- **Step 2:** Attend the Placement Night(s) that fits your age band. If we want to see you in another session later in the week, we'll be sure to let you know before you go home that evening!
- **Step 3:** Ensure you check Social Media on Tuesday 11th July - we'll be releasing the teams for Season 9!
- **Step 4:** You'll get a very detailed email confirming your placement, all costs, all dates, and everything you'll need to know by the end of that week, on/by Friday 14th July. We appreciate your patience with waiting on these emails - they are very detailed and personalised to your athlete.

## WHAT WILL I HAVE TO DO?

- We will do a big group warm up and then split you into smaller groups to assess your tumbling. We want to see what you can perform with **GOOD EXECUTION** on the floor on your own, aswell as looking at anything you want to show us on any equipment or with any spots. Potential is important too!
- We will put you into some stunt groups and assess where everyone's stunting level is. Expect to be switching positions, and trying lots of different stunting combinations from a variety of levels.
- We will have a look at jumps and do a small section of dance and choreography, if we have time.
- Please note that the younger the athletes, the smaller the expectation. It is likely that our Tiny and Mini age athletes will have a session that resembles what they do every week! Those trialling for older age groups/higher levels will be put through their paces a lot more.
- Placements are not scary! No one will be asked to do anything in front of a big group, be pressured to try anything they don't want to do, or be expected to keep up if they are finding things overwhelming.





# OUR CHEERLEADING STREAMS



## *Recreational Cheerleading*

We are so excited for the return of Recreational Cheerleading Classes this season at WRC! No commitment, low cost, no competitions - simply come along, stunt and tumble, and learn the ropes of cheerleading in a fun, well equipped environment. This season, we plan for two weekly classes of recreational cheerleading - times TBC.

## *Tumbling Only*

The option remains to attend as a recreational, non-competitive athlete and attend our Tumbling Academy on a Saturday. Tumbling classes are 90-120 minutes and we have eight different ability groups to ensure every athlete can progress and succeed. Tumbling Academy only is £20 per month.

## *Novice Teams*

Our Novice teams are amongst our lowest fee teams due to their shorter training time and competition schedule. Novice teams are intended for beginner athletes, and will attend competitions, but are NOT traditionally ranked and are instead given a "rating". Our Novice teams enter three regional events and one national event, all within 90 minutes drive of Leeds. Tumbling on a Saturday is included in the monthly fees.

## *Prep Teams*

Our Prep teams are amongst our lowest fee teams due to their shorter training time and competition schedule.

Prep teams are intended for intermediate athletes, and their competitive requirements are slightly less challenging than their Allstar counterparts, but more so than Novice. Our Prep teams enter three regional events and one national event, all within 90 minutes drive of Leeds. All Prep Teams will benefit from a one-off Choreography Day. Tumbling on a Saturday is included in the monthly fees.

## *Allstar Teams*

Our Allstar teams train once weekly, and are intended for our more advanced athletes. Our Allstar teams have a one-off choreography day within the beginning of the season. These teams compete at three regional events and one national event per season, all within a 90 minute drive of Leeds. Tumbling on a Saturday is included in the monthly fees.

## *Monthly Development Training Teams*

This season, we are so proud to be providing opportunities to develop our advanced Juniors (Obsidian), advanced Seniors (Obsession) and advancing Non-Tumbling (Opulent) athletes across sporadic monthly sessions designed to help them uplevel the best they can. These teams are £10 monthly and invite-only.

## *International Teams (plus Worlds)*

We are so excited, for the sixth season, to be able to run our International Program. This season, we are taking several of our regular, domestic, weekly training teams abroad, to Orlando, Florida, following our program being awarded several Invite-Only bids to attend World Level events. We can't wait! You can read more about our International Trip(s) in our International Handbook.





# SPECIALIST TEAMS AND CLASSES

## *Dance Teams*

Within our Youth Program, we intend to continue the great work of Contemporary/Lyrical team Illusion and add Youth POM, Ivy. The timetabling for this team will be determined on Placement Week. The teams are open to athletes of ages 7-12, as a crossover from cheer or interested in pursuing Dance only. These teams train exclusively in our Dance Studio. Dance teams are £25 monthly.

## *Stunt Groups, Solos & Duos*

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, and our strongest tumblers/performers to create solo/duo routines showcasing their tumbling. These athletes will train for half an hour a week at a time to suit them and their coach. There will be a flat fee for stunt groups, which encompasses competition entry and coaching fees. These teams train weekly and are invite-only.

## *Stretch Class*

This class (three per week) is mandatory for all flyers across all our teams travelling to Orlando, and is heavily encouraged for all flyers across our Allstar and Elite Program in addition. 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. Timetabling of these classes will be confirmed following Placement Week.

## *Baby Cheer - Otters*

We are so excited to be able to host a class for our youngest future athletes! Otters is open from ages 18 months to 4 years, and is a class aimed at movement and basics, and for our parents to join us too. Otters will run on Saturdays from 9.45-10.30am and is £20 per month. A second child from the same family will be £5 extra per month.

## *Private Classes*

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 Facebook Group 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.





# COMPETITIVE TEAMS FOR SEASON 9

Please find our PROJECTED and POTENTIAL teams for Season 9 below, alongside their projected age group and level. The level and age group of each team remains in flux and change throughout the season, and may be adjusted when coaching staff feel it is necessary to do so to benefit the team and its members.

## NOVICE TEAMS

Otters - Tiny Level 1 (no building/stunting)

Orcas - Mini Level 1

Omni - Youth Level 1

## ALLSTAR TEAMS

Olympia - Youth Level 1

Optimum - IASF U12 Level 2

Oasis - Junior Level 1

Ozone - IASF U16 Level 2

Orbit - IASF U16 Level 3

Oblivion - Senior Level 2

## MONTHLY TRAINING TEAMS

Obsession - U18 Level 4

Obsidian - Junior Level 3

OpuleNT - IASF Non-Tumbling Levels 2-4

## INTERNATIONAL TRAVEL TEAMS

Odyssey - Youth/U12 Level 1 (Allstar World Championships)

Idols - IASF Non Tumbling Level 5 (Allstar World Championships)

O2 - IASF U18 Level 2 (The Summit)

Icons - IASF U18 Level 5 (The Cheerleading Worlds)

## PREP TEAMS

Ospreys - Tiny Level 1

Opal - Mini Level 1

Oblique - Youth Level 1

Onyx - Junior Level 1

Ovation - Senior Level 1



***All International Teams and their projected event are PROVISIONAL until Placements are released. All International teams will also compete in the UK.***

## AGE GRIDS – AS OF 31.08.2023

*Athletes may be invited to join a team that is billed as older than their age group, at coaches' discretion.*

**Tiny Novice (Otters) - Age 3 and 4**

**Mini - Ages 7-8**

**Youth - Ages 9-11**

**Junior - Ages 12-14**

**Senior - Ages 15+**

**Open - Ages 17+**

**International Open/International Open Non Tumbling - birth year 2008 and earlier**

**Tiny Prep (Ospreys) - Age 4, 5 and 6**

**IASF U12 (Optimum) - birth year 2011-2016**

**IASF U16 - birth year 2007-2012**

**IASF U18 - birth year 2005-2010**

***\*Please note that teams travelling to the Allstar World Championship in 2024 will be subject to slightly different age requirements. Please see our International Handbook for more details!***

***\*\*Please be aware that this season, all SENIOR age teams are working with a ten year age span between the oldest and youngest athletes, e.g. all athletes must be 11-21, or 12-22, etc. This does not affect International Open.***



# COMPETITION SCHEDULE 2023-2024

	Novice and Prep Teams	Allstar Teams (including Odyssey)	Intl. Teams (excluding Odyssey)	Icons (Worlds Team)	Monthly Teams (Obsession and Obsidian)
ICC Northerns	✓	✓	✓	✓	
BCA Super Classic/Cheer Bid Battle				✓	
Future Cheer Essentials	✓				
Future Cheer Circus Spectacular		✓	✓	✓	
ICC Nationals			✓	✓	
<i>Orlando Trip</i>			✓	✓	
ICE Doncaster	✓	✓			
BCA Nationals				✓	
Legacy Nationals*				✓	
ICC Battle of Champions**		✓	✓		
Future Cheer Internationals			✓	✓	
ICC Summer Jam	✓	✓			✓

*\*If not already in receipt of a Worlds Bid for 2025*

*\*\*If in receipt of a Bid, granted at ICC Northerns or ICC Nationals*

# COMPETITION SCHEDULE 2023-2024

Competition Name	Competition Date	Competition Details
ICC Northerns	20th-21st January 2024	<i>Location:</i> BEC Arena, Longbridge Road, Trafford Park, Stretford, Manchester M17 1SN <i>Expected Saturday:</i> All Tiny, Mini, Youth and Junior Cheer Teams <i>Expected Sunday:</i> All Dance and Senior Cheer Teams
BCA Super Classic/Cheer Bid Battle	Saturday 27th January 2024*	<i>Location:</i> University of Warwick Sports and Wellness Hub, Cryfield Village, Leighfield Road, Coventry CV4 7EU <i>Expected Saturday:</i> All WRC Cheer Teams
Future Cheer Essentials	Sunday 3rd March 2024	<i>Location:</i> English Institute of Sport, Sheffield, Coleridge Road, Sheffield, S9 5DA
Future Cheer Circus Spectacular	2-3rd March 2024	<i>Location:</i> English Institute of Sport, Sheffield, Coleridge Road, Sheffield, S9 5DA <i>Expected Saturday:</i> All Tiny, Mini, Youth and Junior Teams (TBC) <i>Expected Sunday:</i> All Senior Teams (TBC)
ICC Nationals	16-17th March 2024	<i>Location:</i> Motorpoint Arena, Bolero Square, Nottingham, NG1 1LA <i>Expected Saturday:</i> All Junior and Worlds Teams <i>Expected Sunday:</i> All Senior Teams
<i>Orlando Trip</i>	<i>15th April - 6th May 2024 (TBC)</i>	<i>Please see our International Handbook for all details relating to our Orlando Trip.</i>
ICE Doncaster	18-19th May 2024	<i>Location:</i> Doncaster Dome, Bawtry Road, Doncaster, DN4 7PD <i>Expected Saturday:</i> All Tiny, Mini and Youth Teams <i>Expected Sunday:</i> All Junior and Senior Teams
BCA Nationals	Sunday 26th May 2024	<i>Location:</i> Telford International Centre, International Way, Telford, TF3 4JH
Legacy Nationals	Saturday 8th June 2024	<i>Location:</i> Resorts World Arena, Perimeter Road, Birmingham B40 1NT
ICC Battle of Champions	Saturday 22nd June 2024	<i>Location:</i> Motorpoint Arena, Bolero Square, Nottingham, NG1 1LA <i>Expected Saturday:</i> All WRC Bid Winning Teams
Future Cheer Internationals	5-7th July 2024	<i>Location:</i> Bournemouth International Centre, Exeter Road, Bournemouth BH2 5BH <i>Expected Days:</i> TBC
ICC Summer Jam	20-21st July 2024	<i>Location:</i> Norbreck Castle Hotel, Queens Promenade, Blackpool, FY2 9AA <i>Expected Saturday:</i> All Tiny, Mini and Youth Teams <i>Expected Sunday:</i> All Junior and Senior Teams



# TUMBLING ACADEMY

Group Names	Times on SATURDAY	Aims and Pre-Requisites
Yellow and Pink	9.00-10.30am	<i>Novice/Prep/Tumbling Basics</i>
Turquoise and Pearl	10.30-12.30pm	<i>Working towards Level 4, 5 and 6 Skills</i>
Orange and Blue	12.30-2.30pm	<i>Working towards Level 2-3 Skills</i>
Green and Purple	2.30-4.00pm	<i>Working towards Level 1-2 skills</i>

## How Tumbling 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.



# PAYMENTS - COMPETITIVE TEAMS

Teams	Cost (Monthly unless stated)	Details of monthly fee and external costs
<b>Otters</b> (Tiny Novice)	<b>£31</b>	INCLUDES: all training fees, coaching fees, venue hire, ALL competition fees, insurance, & music. <i>Younger, non-competitive members of Otters will remain on £20 per month.</i>
<b>NOVICE</b>	<b>£45</b>	INCLUDES: all training fees, coaching fees, venue hire, ALL competition fees, tumbling academy classes, stretch classes, insurance, internal choreography, and team music.
<b>PREP</b>	<b>£46</b>	INCLUDES: all training fees, coaching fees, venue hire, ALL competition fees, tumbling academy classes, stretch and conditioning classes, and insurance.  EXCLUDES: £30 per athlete contribution to internal Team Choreography Day and personalised Team Music, payable to WRC at the beginning of the season.
<b>ALLSTAR</b>	<b>£55-58.50</b>	INCLUDES: all training fees, coaching fees, venue hire, ALL competition fees, tumbling academy classes, stretch and conditioning classes, and insurance.  EXCLUDES: £30 per athlete contribution to internal Team Choreography Day and personalised Team Music, payable to WRC at the beginning of the season.
<b>ASW Teams</b> (Idols)	<b>£60</b>	INCLUDES: all training fees, coaching fees, venue hire, ALL UK competition fees, tumbling academy classes, stretch and conditioning classes, and insurance.  EXCLUDES: Internal Choreography Day and externally created music, estimated at around £60, payable to WRC at the start of the season OR in instalments until mid-March. Also excludes all costs relating to the Orlando Trip - please see the International Handbook for more information.
<b>ASW Teams</b> (Odyssey, and provisionally Orbit and Idols)	<b>£58</b>	INCLUDES: all training fees, coaching fees, venue hire, ALL UK competition fees, tumbling academy classes, stretch and conditioning classes, and insurance.  EXCLUDES: External Choreography and externally created music, estimated at around £100, payable to WRC at the start of the season OR in instalments. Also excludes all costs relating to the Orlando Trip - please see the International Handbook for more information.
<b>Monthly Teams</b> (Obsession, Obsidian, OpuleNT)	<b>£10</b>	INCLUDES: all training fees, coaching fees, venue hire, tumbling academy classes, stretch and conditioning classes, and insurance.
<b>Worlds Team</b> (Icons)	<b>£75</b>	INCLUDES: all training fees (TWICE WEEKLY), coaching fees, venue hire, ALL UK competition fees, tumbling academy classes, stretch and conditioning classes, and insurance.  EXCLUDES: External Choreography and externally created music, estimated at around £160, payable to WRC at the start of the season OR in instalments. Also excludes all costs relating to the Orlando Trip - please see the International Handbook for more information.



# PAYMENTS - FURTHER DETAILS



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.

<i>Monthly Fee Includes</i>	<i>Does NOT include</i>
<ul style="list-style-type: none"><li>• <i>All training fees for ALL teams (except monthly teams)</i></li><li>• <i>All competition fees for your FIRST team</i></li><li>• <i>All insurance contributions</i></li><li>• <i>All coaching costs and venue hire contributions</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Competition Uniform</i></li><li>• <i>Any training kit which is optionally purchased</i></li><li>• <i>Spectator tickets to watch your athlete at competitions</i></li><li>• <i>Cheerleading trainers, which are not required to cheer at WRC</i></li><li>• <i>Choreography costs, which vary from team to team</i></li><li>• <i>Music contributions</i></li><li>• <i>Crossover Competition Fees</i></li></ul>

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, Sibling Discounts and Junior Coaching 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 they have shown previous dedication to the program, and if we believe they will add value in their second team.
- 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). No WRC athletes can train with more than three teams.
- All crossover athletes will be billed monthly for the most expensive team (in order to ensure the best deal for you all on competition crossover fees.)
- All crossovers will have a one-off payment for their Competition Fees, charged by the competition companies and which we have not included in your crossover training fee, as each athlete will be individual and it is impossible to calculate as a general group. The exact amount varies from £112 to £136 for fees for a second team for the entire season. This can be billed in instalments if preferable.
- 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).
- Our Nominated Junior Coaches benefit from half price fees for their entire fee, as a thank you for their dedication and extra commitment they are showing. There will be a chance for your athlete (Year 7 or over) to register their interest to become a JC - please watch this space!

# UNIFORM AND TRAINING KIT



## ***Competition Uniform - Allstar Program***

We are so excited to be debuting a brand new uniform this year for our whole program! We are still finalising our chosen design and can't wait to share it with you when we have one that we adore. These cost £170, and you can order and pay for one through us. We will issue Order Forms within your Welcome Email or upon request. We expect to be hosting a sizing event at the very start of the new season where all athletes can come to be measured. All athletes in our Allstar program will need this uniform. We do not hold spares. There will very soon be an instalment plan in place for those who wish to start saving for their uniform now.

## ***Competition Uniform - Novice and Prep Program***

We are also debuting a brand new uniform for our Novice and Prep Teams! We are working towards a final design, and we will be sure to share it when we have settled on one. We are working towards a top estimate of £70.

## ***Competition Uniform - Icons***

In an effort to save on costs, our Orlando Teams will not be expected to purchase an additional full uniform to reflect their team. Instead, we are working towards a separate top/leotard for each team taking the Worlds/Summit/ASW stage. The full uniform for just Orlando teams is £175 per kit, but those purchasing an Allstar Uniform in addition will only be expected to purchase the top at £110, to interchange with the program skirt.

## ***Extras for Competition Wear***

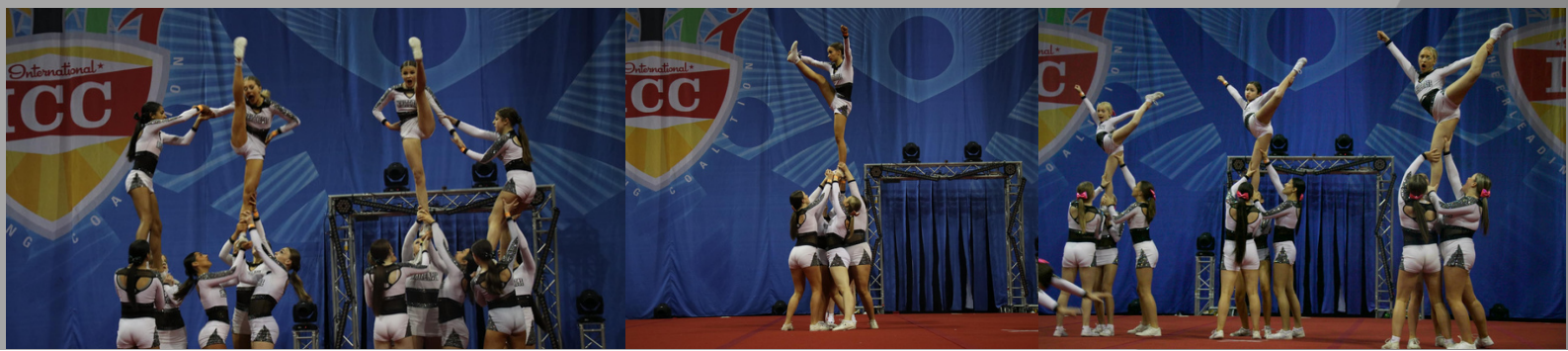
All athletes will have a bespoke bow per team, at the cost of £8-12. You can collect these from us and they will be billed on Coacha. Your athlete will additionally need PLAIN white trainers and PLAIN white trainer socks. We do not provide these. We can recommend Power Nation for specialist Cheerleading Shoes, but we do not require them.

## ***Training Kit - OPTIONAL***

Each season, we sell a number of branded WRC training kit such as tshirts, vests, hoodies, sherpas, etc, that can be bought as optional extras. We do not require that any athlete purchases any optional kit, but we do recommend that athletes purchase at least a tshirt so they can feel like part of the team on competition day. We are excited to release this season's designs soon!

# THE SMALL PRINT - IMPORTANT!

- 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.
- All athletes of age and parents of underage athletes will be expected to sign our Season 9 Code of Conduct, which can be found on our website. No athlete will be permitted to begin the season without having this signed.
- Please pay particular attention to our Finances, Fees and Refunds Policy which all billpayers will be bound by.
- 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 invite parents in to discuss any ways in which we can support and any next steps.





# IMPORTANT DIARY DATES 2023-2024

Date	Affecting	Details
Monday 4th September	Whole Program	Season 9 officially begins - Attendance Policy enforced from this point onwards for all competing teams.
29-30th September	Icons	Choreography scheduled with Next Level Choreography. No tumbling on Saturday 30th. <i>All other teams will have their Choreography Day confirmed upon Team Placements.</i>
Friday 22nd December - Sunday 7th January inc.	Whole Program	Christmas Holidays for the Gym. Reopen on Monday 8th January for all teams and classes.
Sunday 17th December	Whole Program	WRC Annual Showcase 2024 Mandatory attendance for all athletes - Location TBC
20-21st January	Whole Program	Program Event - ICC Northerns (pg9-10)
Saturday 27th January	Icons	BCA Super Classic and Worlds Showdown
2-3rd March	Allstar, Orlando and Worlds Program	FC Circus Spectacular, Sheffield (pg9-10)
16-17th March	Icons, Idols, Obsession, Orbit and Outlaws	ICC Nationals, Nottingham (pg9-10)
Friday 29th March - Monday 1st April inc.	Whole Program	Easter Bank Holiday Weekend - gym closed
Tuesday 2nd - Sunday 14th April inc.	Whole Program	Gym OPEN over Easter. * All athletes in Orlando teams expected at the gym for regular, extended and extra practices.
Monday 15th April - Sunday 5th May	Orlando Teams	Expected dates of entire trip to Orlando
Monday 15th April - Sunday 28th April inc.	Whole Program	Gym closed for Orlando trip/in lieu of Easter Holiday
18-19th May	Novice, Prep and Allstar Program	ICE Doncaster (pg9-10)

*\*Attendance encouraged from all athletes in all other teams, with the understanding that we are prepared to AUTHORISE holidays as usual during this window.*

# IMPORTANT DIARY DATES 2023-2024

Date	Affecting	Details
Sunday 26th May	Icons	BCA Nationals, Telford (pg9-10)
Saturday 8th June	Icons	Legacy Nationals, Birmingham (pg9-10)
Saturday 22nd June	Bid Winning Allstar Teams	ICC Battle of Champions, Nottingham (pg9-10)
5-7th July	Icons, Idols, Obsession, Orbit and O2	Future Cheer Internationals, Bournemouth (pg9-10)
Tuesday 9th July	Whole Program	Start of Placement Week for Season 10

## *Dates to be added upon confirmation of Team Placements:*

- All choreography dates for all teams. Icons' date is listed above. Novice Teams will not have a choreography session and will instead learn their routines in their regular sessions.
- Further sessional information relating to competitions and their expected competing time. Occasionally we are not in receipt of this information until around 2-3 weeks before each event, so we kindly ask that parents please keep the whole day free until we are able to confirm.
- Any camps or specific fundraising events for our Orlando travelling teams.

## WHAT HAPPENS NOW?

Please register your interest via our Season 9 Interest Form by clicking this link: <https://forms.gle/TaawenDNssMiaX4eA> - you can also find this on our website, Social Media platforms, through all the Facebook Groups, your Team WhatsApp Group and your emails.

Feel free to reach out with any individual questions using any of the communications listed on pg2.

We hope to see you at Placement Week 2023! Remember, everyone makes a team.

We can't wait to see you shine!