



Season 11 Handbook

Recreational and Non-Competitive Options



2025-2026

whiterosecheer@gmail.com



@whiterosecheer



White Rose Cheer



What is cheerleading, and White Rose Cheer?

Cheerleading is the newest “full recognition” Olympic sport, and with around 90,000 UK cheerleaders currently, makes it the fastest growing sport - a record it has held for many years. Fast paced acrobatic stunting, gymnastic floor tumbling, dance, and a heavy emphasis on performance makes Cheerleading a truly unique sport.

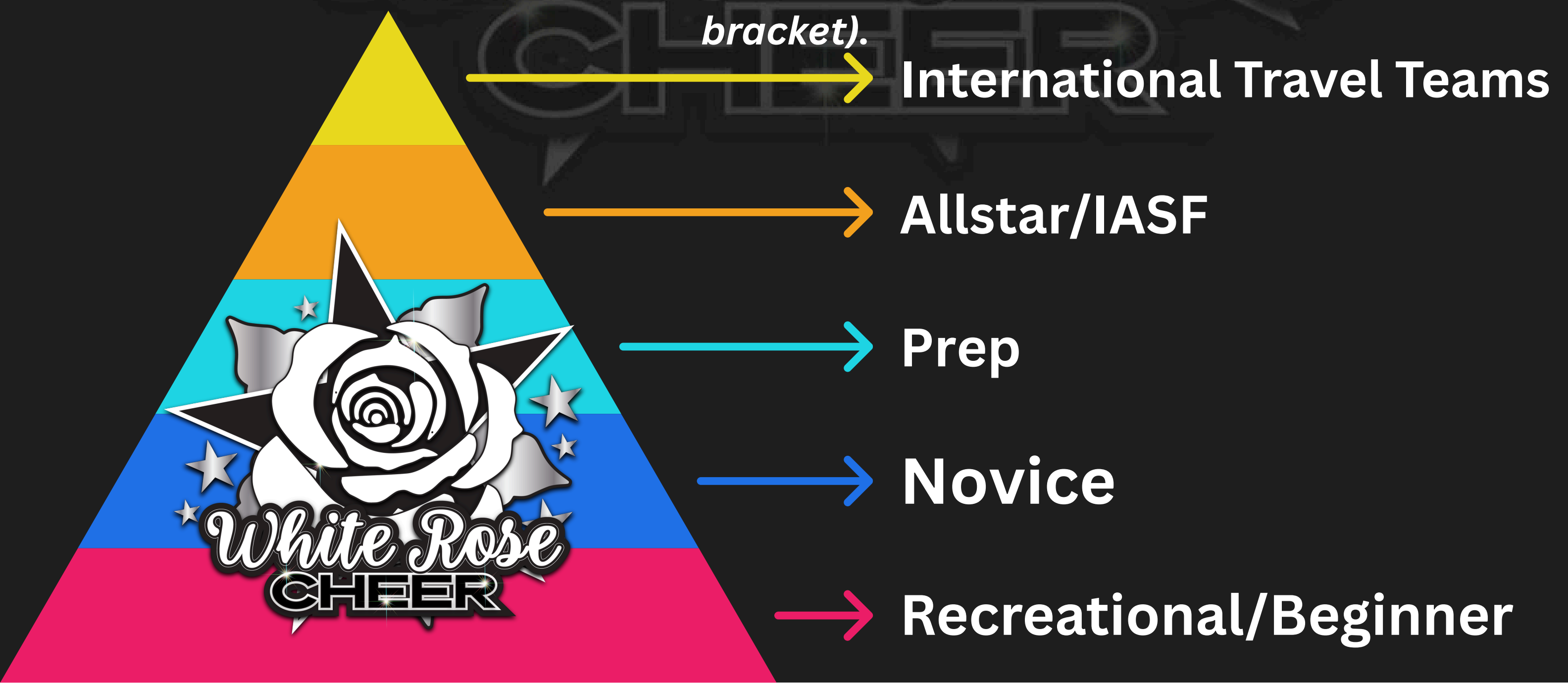
White Rose Cheer was established in 2015, and we are honoured to be entering our tenth anniversary season (Season 11). We moved to our current base in Gildersome in 2018, which is considered one of the finest in the North of England.

We are a large program, with a small-gym feel, and our ethos and aims has remained the same for many years - we provide a fun, safe, positive environment for athletes of all ages and all abilities to learn our sport, and to fall in love with it just as we have.

What stream is right for me?

Have a look at our levelling options below, to see which is right for you! The higher the pyramid level, the higher the skill level and commitment is required.

This Handbook will be geared towards our Recreational/Beginner options (Pink bracket).



Recreational and Beginner Cheerleading – Oysters

Oysters is specifically designed for brand new cheerleaders to come and learn the basics of stunting, tumbling, jumps and dance, in a no-pressure, fun environment, where there are no competitive expectations whatsoever.

This is a fantastic place to start for cheerleaders who are just finding their feet in the sport, and to see if it's right for them!

Oysters currently meet on Mondays 5-6pm, although further classes are scheduled to be added this season. All fees are paid on Coacha and a bill will be sent to parents to set up, once you've signed up!



£30 per month

Includes Saturday Tumbling

(see pg4 for details!)



Our Tumbling Academy

Tumbling is a HUGE part of what we do here at WRC! Tumbling takes place on a Saturday and we pride ourselves on teaching our Tumbling Classes in small, focused groups in order to promote progression and perfection of skills. Additionally, athletes are assessed informally every half-term to ensure they are in the correct class for them. Our beginner classes are an hour long, and more advanced athletes will have a 90 minute class.

Name/Colour	Time on Saturday	Working on/towards
Amber	9.15-10.15am	U8 - Level 1
Orange	9.15-10.15am	U10 - Level 1
Peach	9.45-10.15am	Exclusively for Otters Tiny Novice athletes
Coral	10.00-11.30am	Working Level 4 +
Red	10.00-11.30am	Working Level 5 +
Maroon	10.00-11.30am	Working Level 6 +
Turquoise	11.15am-12.45pm	Working Level 3
Teal	11.15am-12.45pm	Working Elite Level 3
Sapphire	11.15am-12.45pm	Working Level 4 with focus on Standing Tumbling
Lime	12.30-1.15pm	Invite Only Class - Confidence Booster
Rose	1.15-2.45pm	U12 - Working Level 1
Blush	1.15-2.45pm	U14 - Working Level 1
Pink	1.15-2.45pm	U16+ - Working Level 1
Lavender	2.30-4.00pm	U12 - Working Level 2
Lilac	2.30-4.00pm	U14 - Working Level 2
Indigo	2.30-4.00pm	U16+ - Working Level 2

Tumbling Academy Subscription Type	Cost
Tumbling Academy - WRC Athlete	£20 per month <u>HALF PRICE</u> if Membership Fee is paid by Early Bird Deadline
Tumbling Academy - External Athlete	£25 per month
Pay-as-you-go Option - all athletes	£9 per class

All fees are paid via Coacha and are taken on the 10th of each month, in an effort to stagger this from our monthly fee. All costs are constructed with planned gym closures in mind (gym closures, competition weekends and occasional choreography sessions, which will be communicated in July 2025 to enable planning) and is a full year cost divided by 11 months (payable September through to July inclusive).

Stretch Classes

Stretch Class is run by our stretching specialists to enable our flyers (and all our athletes!) to gain great execution in this vital area of cheerleading.

We currently run two stretch classes per week, with a home-based program to compliment and a weekly check in for all athletes on Spond.

Stretch Class can be booked in termly blocks and all bookable classes can be found here on Coacha: <https://hosted-uk.coacha.app/GTGSFSEU>



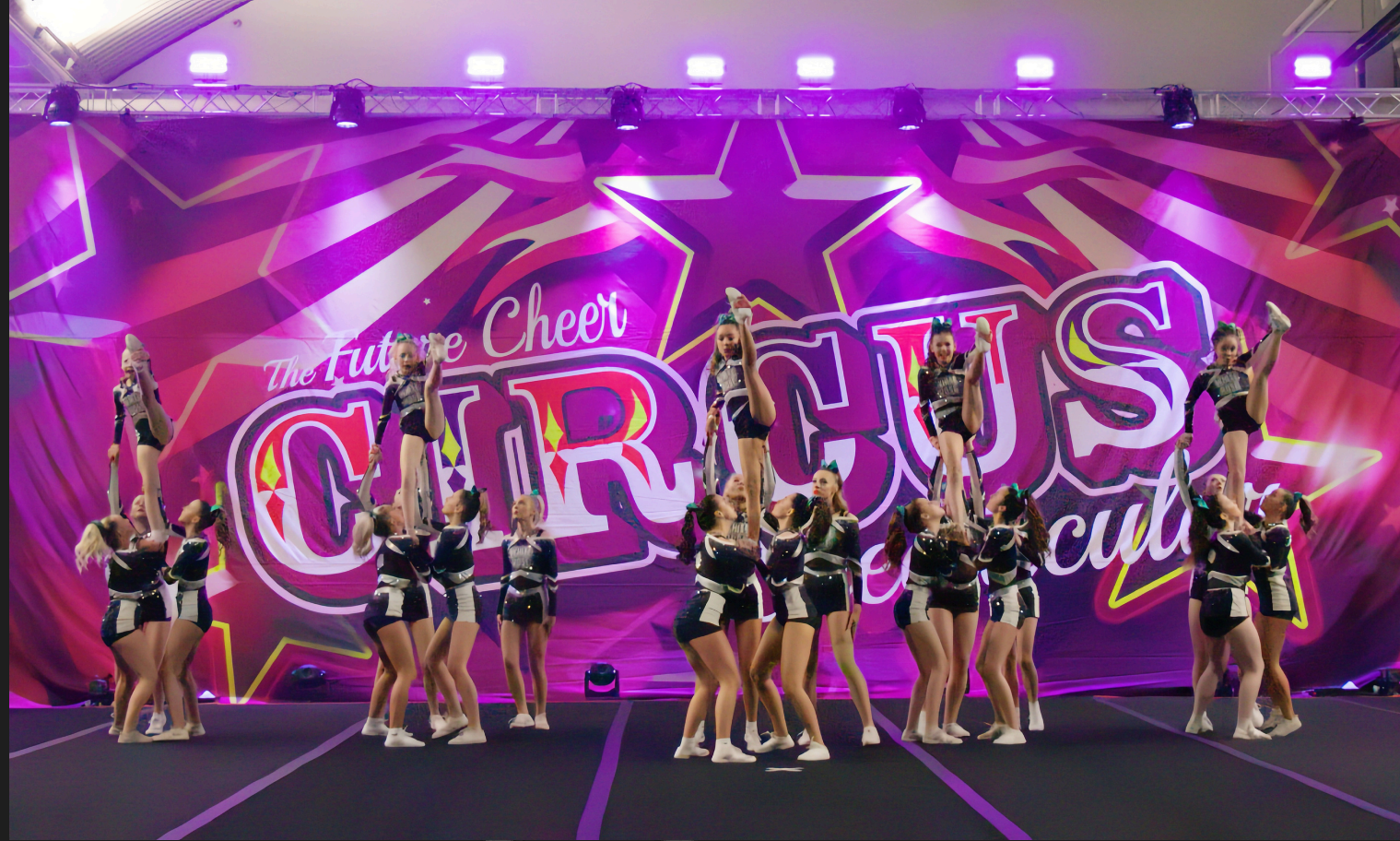
Stunt Classes

Stunt Class is run by our stunts and grips specialists to enable our athletes to upskill to the next level quickly and safely. We currently run three stunt classes per week, grouped by level, and we see huge improvements in skill set from those attending class regularly, which enables them to move up the levels easily and seamlessly.

Stunt Class can be booked in termly blocks and all bookable classes can be found here on Coacha: <https://hosted-uk.coacha.app/GTGSFSEU>



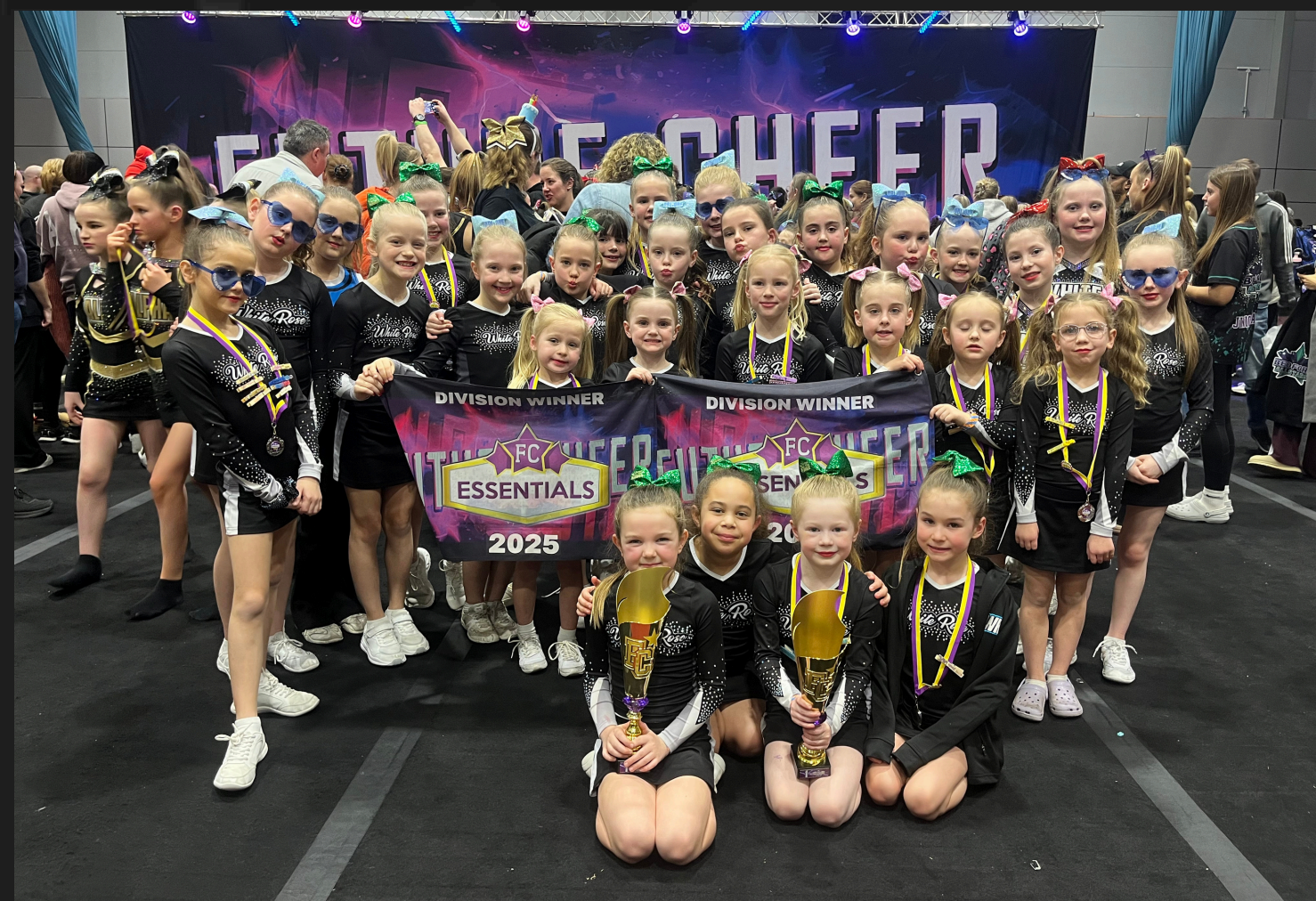
Development Classes



Our Development Teams meet once a month to have an intensive camp based on the aims of the stream, to close gaps and develop athlete skills, enabling them to move up to the next level and stage in their cheerleading journey.

This season, we had four development streams - Prep to Allstar, Rising Stars, Future Worlds Program, and Dream Level 7. We will be building Development Teams around the interest and skill set/gaps of athletes wishing to be involved. We will base our new streams of Development based on the needs and wishes of the cohort.

We are also offering the option for our Development teams to compete or exhibit once at the end of the season.



Our Daytime/Pre School Program

Pre-School Gymnastics

Pre-School Gymnastics meets on a Tuesday, in two age groups:

- 10.30am-11.15am - Ages 10-24 months
- 11.30am-12.15pm - Ages 2-4 years

Children will learn the basics of movement, balance, and coordination - all through song and fun activities, with our pre-school gymnastics specialist!

Open Toddler Play

Open Toddler Play is a free flow, free play experience for toddlers and young children, across our two sprung floors, numerous soft play equipment, and toys! Open Toddler Play runs twice a week, on a Wednesday and Friday from 10.30-11.30am.



How Do I Book?

You can book week by week here for both Pre-School Gymnastics AND Open Toddler Play:

<https://forms.gle/QvFD7SSFiukXcmhR6>