

# SEASON 8

## HANDBOOK



WHITE ROSE  
CHEER

2022-2023  
#GREAT8



# HOW TO FIND US

**"The White House" can be found at  
4 Gildersome Cross**

**Gelderd Road  
Gildersome  
Leeds  
LS27 7BF**



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

## COMMUNICATIONS

- **Program Director, Kelly Loughlin, General Inquiries** - [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 Officers, Rachel George and Tracy Findlay** - [wrcwelfareofficer@gmail.com](mailto:wrcwelfareofficer@gmail.com)
- **Main Facebook Group for all WRC members and parents** - "White Rose Cheer - Club Information"

## SOCIAL MEDIA



**White Rose Cheer**



**@whiterosecheer1**



**@whiterosecheer  
@whiterosecheertumble**



**White Rose Cheer**



**[www.whiterosecheer.net](http://www.whiterosecheer.net)**



**@whiterosecheer**





# 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 wall-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 eat, sleep and breathe cheerleading, and have five World Championship finals accolades between us, including two coaches who have represented the country as part of Team England on the World stage. All our coaches hold fully enhanced DBSs, are qualified in cheerleading to the highest level possible, are First Aid and Safeguarding trained, and are constantly seeking out opportunities to progress their coaching skills. Read more about our coaches on our website, [www.whiterosecheer.net](http://www.whiterosecheer.net).
- The opportunities we provide to our athletes. Through our seven years in existence, we've travelled to the USA, Barcelona, and Germany on a number of occasions. This season is no different!
- We've also brought in guest coaches from all over the world as residential coaches, hailing from New Zealand, Australia, Canada, the USA, and Austria. Every athlete has the opportunity to benefit from these experiences, no matter what their age or ability. We also frequently benefit from expert choreography to aid us in putting together the best possible competitive routines.
- 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, 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 a hub for BCQ Coaches Credentialing helping our next generation of coaches to gain their qualifications.
- 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 4 years old, our Worlds Bid Challenging 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.



# PLACEMENT WEEK 2022

Day and Time	Who do we want to see?
Monday 18th July 2022, 6.00-9.00pm	ELITE PLACEMENTS: All athletes born 2009 and older who wish to be considered for our high level program.
Tuesday 19th July 2022, 5.00-6.30pm	TINY AND MINI PLACEMENTS: All athletes aged 4-8 on 31.08.2022.
Tuesday 19th July 2022, 7.00-8.30pm	NON-TUMBLING PLACEMENTS: All athletes born 2009 and older who wish to be considered for our NT program.
Wednesday 20th July 2022, 6.00-8.30pm	YOUTH AND JUNIOR PLACEMENTS: All athletes aged 9-14 on 31.08.2022.
Thursday 21st July 2022, 7.00-9.30pm	SENIOR AND OPEN PLACEMENTS: All athletes aged 15 and older on 31.08.2022.

## 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 from Tuesday 14th June. 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 suit you best. It is very possible that you'll want to come to more than one, or that coaches will request to see you on a different night once they've seen you on one night. Those trialling for Elite Placements on Monday will also need to be seen on a second night in the Placement Slot for their age group.
- Step 3:** Ensure you check Social Media on Tuesday 26th July - we'll be releasing the teams for Season 8!
- 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 29th July.

## WHAT WILL I HAVE TO DO ON PLACEMENT NIGHT?

- 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!
- If you are trialling for a place in our Non-Tumbling Program, we won't ask to see your tumbling. If we've seen you earlier in the week, we won't ask to see your tumbling again unless you'd like to show us something new.
- We will put you into some stunt groups and assess where everyone's stunting level is. Expect to be moved around a lot, switching positions, and trying lots of different stunting combinations from a variety of levels.
- Flyers - we will assess your stretches, stability and performance both on the ground and in the air on a stunt group of our choice.
- 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 U6 and U8 cohorts will have a session that resembles what they do every week! Those trialling for higher level spots 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 TEAMS

Here at White Rose Cheer, we offer several cheerleading streams for our athletes. You will be able to indicate which streams you would like your athlete considered for when you complete your Interest Form. They vary in cost and commitment levels.

## ***Novice/Prep Teams***

Our Novice and Prep teams are amongst our lowest fee teams due to their shorter training time and competition schedule. Our Novice and Prep teams enter three regional events and one national event per season. Prep teams will also benefit from a one-off choreography day. Tumbling on a Saturday is included in the monthly fees.



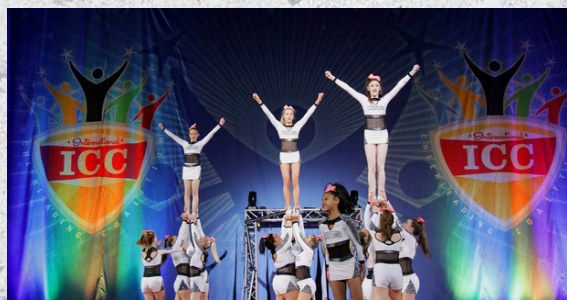
## ***Allstar & Allstar Advanced Teams***

Our main Allstar and Allstar Advanced teams make up the bulk of our program.. Our Allstar teams train once weekly, with a one-off choreography day within the beginning of the season. These teams compete at three regional events and one national event per season. Tumbling on a Saturday is included in the monthly fees.



## ***Allstar Elite Teams***

Our top end Elite stream are contesting each season for coveted Bids to attend prestigious International competitions, such as the Cheerleading World Championships (Worlds) and The Summit, both in Orlando, Florida, representing their country and their club. Due to the increased competition schedule, the external choreography and specialist music, these teams are our most expensive weekly teams. Tumbling on a Saturday is included in the monthly fees.



## ***International Teams***

We are so excited, for the fourth season, to be able to run our International Teams program. This season, our international teams are travelling to Amsterdam, to attend the Future Cheer event.



## ***Recreational Streams***

The option remains to attend WRC as a recreational, non-competitive athlete and attend our Tumbling Academy on a Saturday. Tumbling classes last 90-120 minutes each Saturday and are streamed in ability groups. Tumbling Academy only is £20 per month.



# SPECIALIST TEAMS AND CLASSES

## ***Dance Teams***

Within our Youth Program, we intend to continue the great work of Contemporary/Lyrical team Illusion. The timetabling for this team will be determined on Placement Week. The teams are open to any athletes that are born 2010 and younger, as a crossover from cheer or interested in pursuing Dance only. These teams train exclusively in our Dance Studio. Dance teams are £20 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. Athletes/parents can register their interest on our Club Information Facebook Group as and when these opportunities come up.

## ***Stretch Class***

This class (one per week) is mandatory for all flyers across all our Allstar, Allstar Advanced and Allstar Elite teams. 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 this class 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 10.30-11.30am 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 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!



# OUR TEAMS FOR SEASON 8

Please find our teams for Season 8 in the table 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

Orcas - Mini Level 1 - **Fridays 5.00-6.30pm**

Omni - Youth Level 1 - **Mondays 5.00-6.30pm**

*Competition Schedule: ICC Northerns, DC12, Cheer City, ICC Nationals Part 2*

## PREP TEAMS

Ospreys - Tiny Level 1 - **Tuesdays 5.00-6.00pm**

Opal - Mini Level 1 - **Fridays 5.00-6.30pm**

Oblique - Youth Level 1 - **Tuesdays 6.00-7.30pm**

Onyx - Junior Level 1 - **Wednesdays 5.30-7.00pm**

Ovation - Senior 2.1 (Level 2 stunts and Level 1 tumbling) - **Tuesdays 7.30-9.00pm**

*Competition Schedule: ICC Northerns, DC12, Cheer City, ICC Nationals Part 2*

## ALLSTAR TEAMS

Odyssey - Youth Level 1 - **Thursday 5.00-7.00pm**

Optimum - Youth Level 2 - **Tuesdays 5.00-7.00pm**

Oasis - Junior Level 1 - **Wednesday 5.00-7.00pm**

Ozone - Junior Level 2 - **Tuesday 7.00-9.00pm**

Oblivion - Senior Level 2 - **Wednesday 7.00-9.00pm**

*Competition Schedule: ICC Northerns, DC12, Cheer City, ICC Battle of Champions*

## ALLSTAR ADVANCED TEAMS

Orbit - U16 Level 3 - **Mondays 5.00-7.00pm**

OpuleNT - Non-Tumbling Level 3 - **Mondays 6.30-8.30pm**

Obsession - Senior Level 4.2 - **Thursdays 6.30-8.30pm**

*Competition Schedule: ICC Northerns, DC12, ICC Nationals, Cheer City, FC Internationals*

## ALLSTAR ELITE TEAMS

Icons - U18 Level 5 - **Mondays 7.00-9.00pm**

Idols - Non-Tumbling Level 6 (MONTHLY TEAM)

*Competition Schedule: ICC Northerns (Icons only), DC12 (Idols only), ICC Nationals, BCA Nationals, Jamfest Europe\*, FC Internationals*

*\*Attendance TBC*

O2 - U18 Level 2 (MONTHLY TEAM)

*Competition Schedule: DC12, Future Cheer Amsterdam, Cheer City, BCA Nationals\*, FC Superhero Spirit Challenge\* Jamfest Europe\*, FC Internationals*

*\*Attendance TBC*

*Ages for 2022-2023 Season (based on their age on 31.08.2022)*

*Tiny: 4-6    Mini: 7-8    Youth: 9-11*

*Junior: 12-14*

*Senior: 15+*

*International Open: 2009 and older*

*U16: 2006-2011*

*U18: 2004-2009*





# COMPETITION SCHEDULE 2022-2023

## ICC NORTHERNS

January 28-29th 2023 - Full Program (minus O2 and Idols)  
Bowlers Exhibition Centre, Manchester

## DC12 SUPER REGIONAL

February 25-26th - Full Program (minus Icons)  
Hull Bonus Arena, Hull

## ICC NATIONALS PT1

March 25-26th 2023 - Orbit, Opulent, Obsession, Icons & Idols  
Nottingham Ice Arena, Nottingham

## CHEER CITY

May 13-14th 2023 - Full Program minus Icons & Idols  
Warwick University

## BCA NATIONALS

Saturday May 27th 2023 - Icons, Idols and O2\*  
Telford International Centre, Telford  
\*O2 Attendance TBC

## FC SUPERHERO SPIRIT

Sunday May 28th 2023 - O2\*  
Braehead Arena, Glasgow  
\*Attendance TBC

## JAMFEST EUROPE

June 17-18th 2023 - Icons, Idols and O2\*  
Exhibition Centre, Liverpool  
\*All Teams Attendance TBC

## FC NATIONALS

June 23-26th 2023 - Allstar Plus & Elite Teams  
Bournemouth International Centre, Bournemouth

## ICC B.O.C

Saturday July 1st 2023 - Bid Winning Teams  
Nottingham Ice Arena, Nottingham

## ICC NATIONALS PT2

Sunday July 2nd 2023 - Novice, Prep and Stunt Groups  
Nottingham Ice Arena, Nottingham

## FC AMSTERDAM

Saturday April 1st 2023 - O2, Rivals, Renegade, Royals and Rouge  
Amsterdam, The Netherlands - *trip dates TBC*

## SPECTATOR TICKETS

For ICC Northernns, ICC Nationals Pt 1 and Pt 2, DC12, Future Cheer Amsterdam/Glasgow, Cheer City and BCA Nationals, WRC will be doing a team ticket order and all tickets can be ordered through us.

For Jamfest and FC Nationals, all ticket orders are the responsibility of the individual families to order and pay for at their leisure.





# TUMBLING ACADEMY

Group Names	Times on SATURDAY	Aims and Pre-Requisites
Yellow and Pink	9.00-10.30am	<i>Working towards Advanced Level 1 Skills</i>
Turquoise and Pearl	10.30-12.30pm	<i>Working towards Level 4, 5 and 6 Skills</i>
Green and Purple	12.30-2.00pm	<i>Working towards Level 2 Skills</i>
Orange and Blue	2.00-4.00pm	<i>Working towards Level 3 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.



## Mid-Week Tumbling Classes

We will be putting on a small amount of mid-week classes specifically aimed at tumbling, where priority will be given to athletes who cannot attend Saturday tumbling for a specific family related reason, and our Adult Tumblers. These slots are on Wednesday 7.30-8.30pm and Thursday 7.00-8.00pm. After these have been allocated, any spare midweek slots will be opened up to anyone that would like a mid-week slot as a preference over a weekend class.





# PAYMENTS - COMPETITIVE TEAMS

Please find below our fees to be a part of our competitive program. We still remain the best value-for-money cheerleading program in our region and these decisions have been made to ensure we do not compromise on the quality of the program we are able to offer.

Teams	Cost (Monthly)	Details of monthly fee and external costs
<b>NOVICE/ PREP</b> <i>(Orcas, Omni, Ospreys, Opal, Oblique, Onyx and Ovation)</i>	<b>£43</b>	<p><b>INCLUDES:</b> all training fees, coaching fees, venue hire, ALL competition fees, tumbling academy classes, stretch classes, insurance, team music.</p> <p><b>EXCLUDES:</b> £30 per athlete contribution to Team Choreography Day and personalised Team Music, payable to WRC at the beginning of the season (Prep Teams Only).</p>
<b>ALLSTAR</b> <i>(Odyssey, Optimum, Oasis, Ozone, Oblivion)</i>	<b>£53</b>	<p><b>INCLUDES:</b> all training fees, coaching fees, venue hire, ALL competition fees, tumbling academy classes, stretch classes, insurance, internal choreography costs, team music.</p> <p><b>EXCLUDES:</b> £30 per athlete contribution to Team Choreography Day and personalised Team Music, payable to WRC at the beginning of the season.</p>
<b>ALLSTAR ADVANCED</b> <i>(Orbit, OpuleNT, Obsession)</i>	<b>£58</b>	<p><b>INCLUDES:</b> all training fees, coaching fees, venue hire, ALL competition fees, tumbling academy classes, stretch classes, insurance, internal choreography costs, team music.</p> <p><b>EXCLUDES:</b></p> <ul style="list-style-type: none"> <li>• <i>Orbit and OpuleNT:</i> £30 per athlete contribution to Team Choreography Day AND personalised Team Music, payable to WRC at the beginning of the season.</li> <li>• <i>Obsession:</i> £65 per athlete contribution to Team Choreography Day AND externally produced Team Music from New Level Music.</li> </ul>
<b>ALLSTAR ELITE (Icons)</b>	<b>£60</b>	<p><b>INCLUDES:</b> all training fees, coaching fees, venue hire, ALL competition fees, tumbling academy classes, stretch classes, insurance, internal choreography costs, team music.</p> <p><b>EXCLUDES:</b> £95 per athlete contribution to Choreography from Mason Hamilton, AND externally produced Team Music from New Level Music.</p>
<b>ALLSTAR ELITE (Idols)</b>	<b>£20 per session</b>	<p><b>INCLUDES:</b> Training fees per session, coaching fees, venue hire, insurance and internal choreography costs.</p> <p><b>EXCLUDES:</b></p> <ul style="list-style-type: none"> <li>• £160 competition fees due in instalments (lower for WRC Crossovers)</li> <li>• £110 per athlete contribution to Choreography from Mason Hamilton, AND externally produced Team Music from New Level Music.</li> </ul>
<b>ALLSTAR ELITE (O2)</b>	<b>£15 per session</b>	<p><b>INCLUDES:</b> Training fees per session, coaching fees, venue hire, insurance and internal choreography costs.</p> <p><b>EXCLUDES:</b></p> <ul style="list-style-type: none"> <li>• £150 competition fees due in instalments (lower for WRC Crossovers)</li> <li>• £90 per athlete contribution to Choreography from Mason Hamilton, AND externally produced Team Music from New Level Music.</li> </ul>



# HOW WE TAKE PAYMENTS

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.

- Once you are registered, we will send you a Payment Request which you will receive in your email. You simply click on the payment request, enter your card details once, and Coacha will take the sum every month on the 1st, from September 2022 until July 2023 inclusive.
- In the event of mid-season leavers, the next month's fees will be expected. This is to recuperate lost competition fees which we pay upfront/at the point of joining at the start of the season.
- Your fee does not include: competition WRC uniform for new athletes, optional training kit/shoes, or optional spectator tickets to competitions, plus the external items detailed on pg 13.
- One-off payments will be requested when fees have bounced and are therefore late. A 10% late fee charge will be added in this case.
- One-off payments will be also requested for when you have put in a spectator ticket, uniform, or optional kit request. This will appear in your emails when you have made the request, and you pay once for that payment only.
- Non-payment of fees will result in your athlete being unable to train until the balance has cleared in full. We allow 10 working days past the 1st of the month, bearing in mind weekends/bank holidays, before the payment is classed as late. Each incident of benching will result in an unauthorised absence. I know you will all support us with this rule, as strict as it may seem – we are a non-profit organisation and non-payment hits us hard.



## 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).
- 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.) For example, if your athlete is placed on an Allstar and an Elite team, your monthly fee will reflect the Elite team first, plus the £22 crossover (£60 Elite, plus £22 crossover = £82 monthly).
- 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 £22/£12 crossover training fee. The exact amount varies from £112 to £136 for fees for a second team for the entire season. This can be billed in instalments.
- 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 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 Youth - Senior

- We are KEEPING our uniform from previous seasons - you do not need to order a new one if you are an existing athlete and yours still fits! We plan to change them in Season 9.
- Our uniform consists of a white rhinestoned leotard with mesh on the stomach, and a matching skort.
- They cost £140 and can be ordered and paid for through us. We will issue Order Forms within your Welcome Email or upon request. Once you have completed your athlete's measurements and payment, your uniform will be ordered and will be in the gym in around 6-8 weeks.
- All athletes in our Allstar, Allstar Advanced and Elite Teams will need this uniform. We do not hold spares. There are often second-hand ones available on our Clothes Rack inside the gym, or on our Selling Group on Facebook. The link will be given in your Welcome Email.
- All athletes will have a bespoke bow/cuff 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 Excel Cheer Centre or Power Nation for specialist Cheerleading Shoes, but we do not require them.



## Training Kit

We have a bespoke online Pro-Shop with our kit partners, United Cheer Apparel. Here are your log in details:

**Pro Shop Web Link:** <https://unitedcheerapparel.com/>  
(Click on the "Team Pro Shop" in the top right corner)  
**Username:** WhiteRoseCheer  
**Password:** Whiterose2022

Here you can order and pay for your Optional Kit. All deadline dates, prices, size guides and pictures of our kit can be found here!

## Competition Uniform - Tiny/Mini

- All Tiny and Mini aged athletes, plus Youth Novice, will need a separate all-in-one dress. We do not hold spares. There are often second-hand ones available on our Clothes Rack inside the gym, or on our Selling Group on Facebook. The link will be given in your Welcome Email.
- These are £40 and can be purchased from us at the gym.
- Please ensure your athlete has plain black TIGHT cycling shorts to go underneath their dress.
- All the above extra items are also needed for your tiny/mini aged athlete - bow/cuff, plain white trainers and plain white trainer socks.





# IMPORTANT DIARY DATES 2022-2023

Event	Date	Who does it affect?
Official Start of Season 8	Monday 5th September 2022	Full Program
Gym Closed for Christmas. No Classes.	17th Dec - 2nd Jan 2023	Full Program
WRC Showcase	Saturday 21st Jan	Full Program
ICC Northerns, Manchester	28-29th Jan	Full Program (except Idols and O2)
DC12 Super Regional	25-26th February	Full Program (except Icons)
ICC Nationals, Nottingham	25-26th March	Allstar Advanced and Elite Teams
Gym Closed for Easter. No Classes.	1st-15th April	Full Program
Future Cheer Amsterdam	1st April	O2 and Amsterdam Teams
Cheer City Summer Showdown, Warwick	13-14th May	Full Program minus Elite Teams
BCA Nationals, Telford	27-28th May	Elite Teams only
Jamfest Europe, Liverpool	17-18th June	Allstar Advanced and Elite Teams
Future Cheer Internationals, Bournemouth	23-25th June	Allstar Advanced and Elite Teams
ICC Battle of Champions, Nottingham	Saturday 1st July	Bid Winning Teams
ICC Nationals Part 2, Nottingham	Sunday 2nd July	Novice, Prep and Stunt Groups
Placement Week for Season 9	3-7th July	Full Program

Dates may also be added mid-season for fundraising events, local appearances/performances and team bonding events, which generally remain optional although attendance is always encouraged.



# CHOREOGRAPHY/MONTHLY TRAINING DATES 2022-2023

Event	Date	Who does it affect?
International, O2 and Idols Training*	10-11th September	O2, Idols and Amsterdam Teams
International, O2 and Idols Training*	24-25th September	O2, Idols and Amsterdam Teams
Choreography with Mason Hamilton	30th Sept - 2nd Oct	Icons, Idols, O2
Choreography with Mason Hamilton	7-9th Oct	Icons, Idols, O2
Odyssey Choreography Day, 3-7pm	Saturday 15th Oct	Odyssey
Orbit (9am-1pm), Oasis (1pm-5pm) and Ovation (5pm-8pm) Choreography Day	Sunday 16th Oct	Orbit, Oasis and Ovation
O2 and Idols Training*	22-23rd October	O2 and Idols
Onyx Choreography Day, 3-6pm	Saturday 5th Nov	Onyx
International, O2 and Idols Training*	12-13th November	O2, Idols and Amsterdam Teams
Ospreys (9am-11am), Opal (11am-1pm), Oblique (1pm-3pm), and Oblivion (3pm-7pm) Choreography Day	Sunday 20th Nov	Ospreys, Opal, Oblique and Oblivion
Optimum Choreography Day, 3-7pm	Saturday 26th Nov	Optimum
Ozone (9am-1pm), Obsession (1pm-5pm) and OpuleNT (5pm-9pm) Choreography Day	Sunday 27th Nov	Ozone, Obsession and OpuleNT
International, O2 and Idols Training*	3rd-4th December	O2, Idols and Amsterdam Teams
International, O2 and Idols Training*	7-8th January	O2, Idols and Amsterdam Teams
International, O2 and Idols Training*	4-5th February	O2, Idols and Amsterdam Teams
International, O2 and Idols Training*	18-19th March	O2, Idols and Amsterdam Teams



# CHOREOGRAPHY/MONTHLY TRAINING DATES 2022-2023 (CONTINUED)

Event	Date	Who does it affect?
O2 and Idols Training*	6-7th May	O2 and Idols
O2 and Idols Training*	20-21st May	O2 and Idols
O2 and Idols Training**	10-11th June	O2 and Idols

## \*Timings for International, Idols and O2 training

- O2 - Saturdays 4.00pm-7.00pm
- Rivals and Royals - Sundays 10.00am-12.00pm
- Idols - Sundays 12.00pm-3.00pm
- Renegade and Rouge - Sundays 3.00-5.00pm

## \*\*Change to Idols training for Sunday 11th June alone - 3.00pm-6.00pm



# THE SMALL PRINT - IMPORTANT!

## OUR ATTENDANCE POLICY

- All our policies can be found on our website, [www.whiterosecheer.net](http://www.whiterosecheer.net). We'd like to draw parents' attention in particular to our Attendance Policy, which is strictly enforced for the benefit of all members of WRC.
- All athletes must be present for all competitions with their team as listed on the "Competitions" page above. They do not have to be present at competitions that they are not competing in. We ask that all parents leave the entire day free as realistically we could be competing at any time during the day. When we get more accurate information on timings, you will be the first to know.
- All Allstar, Allstar Advanced, Allstar Elite and International Travel Teams must be present for their given choreography day, no exceptions. A space will be not saved for them if they are not present, regardless of the reason for the absence. This is not to punish them, but to enable the team to get the best out of their day.
- All athletes must be present the TWO WEEKS before competition, no exceptions. This is known as the "red zone". Any athletes that are missing on either/both of these weeks before competition, no matter the reason, will not be able to compete at the competition in question. They will be weaved back into the routine following the event.

## STARTING SEASON 8 WITH WRC

- Our main Placements take place at the end of July following the completion of our season. For Season 8, we will be placing athletes on a live tryout AND coaching decisions based on their age, skill set, availability during the week, attendance/punctuality record, attitude during training, willingness to work outside of practice, and team cohesion regarding different stunting positions needed. If you are on holiday during placement week, we will consider your athlete from coaching decisions alone from what we know of them.
- When we place a new athlete mid-season, we perform an informal assessment of their skills and place them accordingly. There will be points during the season for athletes to join us, aside from the standard Placement Week.
- Athletes will be permitted to train with more than one team within the WRC program. These are known as "crossover athletes". No athlete will be permitted to train with more than three teams as per competition rules.
- We do not permit athletes to cross over to another program, with the notable exceptions of Team Yorkshire and Team England. You will be able to indicate on your Placement Form whether you are wishing for your athlete to be considered to be a crossover athlete - please ensure you understand the financial and time commitment involved.
- All athletes and parents are bound by the Code of Conduct, which you will have signed upon signup to Coacha and separately on a linked form which will be sent to you on Placement Week.