



COMMITMENT • ATTITUDE • TEAMWORK

Competition Team

INFORMATION PACK

2020-21



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WELCOME BACK FIERCE FAMILY!

After a Season 6 that none of us could have predicted, our competition teams are back for Season 7 with a score to settle!

During a time of uncertainty and fear, the way the Fierce Family pulled together has made Season 6 one I will always cherish. I have loved coaching every group and getting a peek into each athlete's life via zoom! It feels like I now have a special bond with each-and-every one of my lockdown legends. It may have been tough going at times, but seeing each other through our screens certainly lifted us up when things got difficult!

We now look forward to our seventh season and all of the fun and friendship another year with the family will bring. I am so proud of all the progress our athletes have made, despite the obstacles placed in their path. Whether online, outdoors or back in the gym – each and every one of you has found the perseverance and ingenuity to not only maintain your skills but continue to progress. I can honestly say that season 7 will bring us our strongest ever competition teams and that is truly down to the resourcefulness of our young athletes.





Now that we can finally return to the Fiercility, you will notice quite a few upgrades, including a £15000 investment in new equipment, and an updated waiting room, athletes' area and office. Because of this, we continue to boast the largest for-purpose cheerleading facility in Lincolnshire with the widest range of equipment. I know these additions will help boost our athletes' confidence as they return to our indoor training space in September.

The season may still hold some uncertainty, but one thing we cannot doubt is the consistency of our coaches, athletes and families. Whether it's inside, outside or online we will be there. If there is one thing we have learnt over the past few months, it's that the Fierce Family is truly unstoppable.

Lot's of Love,

Coach Erin



Join, it will change your life and you will do things you never thought you could with so much support.

- Keira (athlete)





PRESCHOOL CLASSES

AGE 18 MONTH TO 4 YEARS

Learn the foundations of cheerleading, including balance, memory, co-ordination and motor skills which set a child up for a great future in any sport. These fun, energetic classes will get your future star moving, rolling, grooving and burning off some of that excess energy!

AGE 18 MONTHS TO 3 YEARS

Learn the story of the CheerBears as we tumble, lift, jump and dance to music, making use of our large collection of soft equipment and trampolines to create fun and engaging circuits.

Parents, come along and spend one-on-one time with your child guiding them through roly polys, handstands and theme days!

CheerBears Mondays 1:00-1:45 p.m.

CheerBears Tuesdays 2:00-2:45 p.m.

CheerBears Wednesdays 11:00-11:45 p.m.

AGE 3-4 YEARS

Ready to gain independence? Our 3 and 4 year olds will start their journey by training in a short, coach-led session in which they will work through our pre-school curriculum, perfecting rolls, handstands and starting to learn the foundations of cartwheels and other more advanced tumbles. These young athletes will even have the option to perform at our annual showcase, Fierce Fest at the Grimsby Auditorium!

Bumblebees Mondays 4:30-5:00 p.m.

Dandelions Tuesdays 4:30-5:00 p.m.

Sunshine Thursdays 12:00-12:30 p.m.

Flamingo Topaz Saturdays 9:00-9:30 a.m.

FINANCIAL COMMITMENT

We operate under the belief that pre-school classes should be accessible to all! Therefore, we try to keep costs as low as possible, so everyone can join in on the fun!

Training Fees:

£12 per month or £4.00 per casual class

OPTIONAL EXTRAS

Training T-shirt: £15.00

Training Shorts: £20.00

Training Jumper: £28.00

Showcase Participation Fee: £10.00

COMING JANUARY 2021! CHEERBABIES!

Keep an eye on our social media for information on this new class for crawlers!





RECREATIONAL CLASSES

AGE 5-14 YEARS

A journey of one thousand miles starts with a single step!
Make your start in the sport of smiles by joining our recreational programme! Learn to tumble, lift, dance and jump. Be a part of a team and learn a high-energy routine to perform at our showcase: Fierce Fest!

AGE 5-6 YEARS

Lemon Mondays 5:00-6:00 p.m.

Pineapples Tuesdays 5:00-6:00 p.m.
(starting January 2021)

Pink Sapphire Saturdays 9:30-10:30 a.m.

AGE 7-8 YEARS

Daffodils Mondays 6:00-7:00 p.m.

Bananas Tuesdays 6:00-7:00 p.m.
(starting January 2021)

Pink Diamonds Saturdays 10:30-11:30 a.m.

AGE 9-14 YEARS

Blondies Mondays 7:00-8:00 p.m.

Honey Tuesdays 7:00-8:00 p.m.
(starting January 2021)

Rose Gold Saturdays 11:30-12:30 p.m.

All recreational athletes will work through our level system from rolls and handstands, all the way up to walkovers and round-offs, earning pin-badges and certificates along the way to show off their hard work!

FINANCIAL COMMITMENT

Training Fees: £21 per month on direct debit

OPTIONAL EXTRAS

Training T-shirt: £15.00
Training Shorts: £20.00
Training Jumper: £28.00
(20% VAT payable on adult sizes)
Showcase Participation Fee: £10.00

' I would recommend Fierce Elite to anyone looking for a new sport for their child. There is a wide range of teams to join and lots of additional classes and challenges to take part in. My daughter has learnt about commitment and what it means to be part of a team, as well as lots of tumble and cheerleading skills. Erin and the coaches are great with my daughter and this has allowed her confidence to develop alongside her skills. Thank you Fierce Elite! – Becky (parent)





ADULT CLASSES

AGE 15+

Cheerleading truly is for everyone and we know our ability to try new things and leave our comfort zone shouldn't end with childhood. Our adult years present us with new challenges and cheerleading provides an inclusive environment which can boost your mood, confidence and fitness!

GOLDIES AGE 15+

Build your confidence by learning new skills and meeting new people. Can't roll or cartwheel? No problem! We are here to teach you everything! No commitment to shows or competitions, learn in a relaxed friendly environment!

Mondays 8:00-9:00 a.m.

FIRE AGE 18+

Take your confidence to new heights by putting your skills into a routine to be performed at our annual showcase: Fierce Fest and one local competition.

Tuesdays 8:00-9:00 p.m.

MUM'S FIT AGE 18+

Keep fit, energised and happy with a morning workout! From HIIT to circuits and weights, we will change it up each session!

Tuesdays 9:00-10:00 a.m.
Thursdays 9:00-10:00 a.m.
Sundays 9:00-10:00 a.m.

FINANCIAL COMMITMENT

Training Fees: £22 per month (unlimited adult classes) or £11 per month for those who have children or siblings in the programme!

Fire Only: Registration fee (£48), Competition Fee (£33), Competition Kit (£28)

OPTIONAL EXTRAS

Training T-shirt: £15.00 +VAT
Training Shorts: £20.00 +VAT
Training Jumper: £28.00 + VAT

'Whether it's for yourself or your child, the relationships built will last forever'
– Jennie (parent and masters athlete)





NOVICE TEAMS

Ready to claim the spotlight? Novice teams are perfect for beginners looking to perform for the first time! Fun, friendly and full of excitement, your novice experience will help your athlete build their confidence and form lasting friendships.

BABY PINK

Age 4-6 years
Wednesdays 4-5pm

CORAL

Age 7-8 years
Wednesdays 5-6pm

ROSE PINK

Age 9-12 years
Wednesdays 6-7pm

*Novice, prep, prep elite and elite athletes are also required to take a 1 hour tumble class (included in fees)

FINANCIAL COMMITMENT

Training Fees: £36.00 per month
(must be paid via direct debit)

Registration Fees: £48.00
Competition Uniform: £53.00
Competition Entry Fees: £33.00

OPTIONAL EXTRAS

Training Crop Top and Shorts: £40.00
Training Jumper: £28.00 + VAT

IMPORTANT DATES

Monday 15th February-Friday 19th February 2021: Boot Camp Training, The Fiercility
Sunday 28th February 2021: Fierce Fest Showcase, Grimsby
Saturday 21st February 2021: Cheer City Spring Open, Leicester





PREP TEAMS

Does your athlete have experience performing with one of our recreational or novice teams? Prep is the natural next step for athlete ready to commit to more training hours and more fun! Attend more competitions, train longer hours and watch your athlete progress even quicker!

VIOLET

Age 7-8 years
Tuesdays 5-7pm

REGALS

Age 9-11 years
Mondays 6-8pm

ROYALS

Age 9-14 years
Wednesdays 6-8pm

BLACK ONYX

Age 9-14 years
Saturdays 12-2pm

*Novice, prep, prep elite and elite athletes are also required to take a 1 hour tumble class (included in fees)

FINANCIAL COMMITMENT

Training Fees: £53.00 per month
(must be paid via direct debit)

Registration Fees: £68.00

Training Kit: £40.00

Competition Uniform: £145.00

Competition Bow: £12.00

Competition Entry Fees: £58.00

IMPORTANT DATES

Sunday 28th February 2021: Fierce Fest Showcase, Grimsby
Saturday 21st February 2021: Cheer City Spring Open, Leicester
Saturday 15th May 2021: Ice Summer Meltdown, Doncaster





PREP ELITE TEAMS

If your athlete has experience as a prep or novice athlete, but isn't quite ready for elite, prep-elite will get you there! Work more complex routines, choreography and compete at a greater range of competitions to build both confidence and skill!

AMETHYST

**Mondays 6-7pm &
Sundays 11am-1pm**

Flyer Flexibility Class:
Sundays 10-11am

ULTRAVIOLET

**Mondays 7-8pm &
Sundays 1-3pm**

Flyer Flexibility Class:
Sundays 12-1pm

***Novice, prep, prep elite and elite athletes are also required to take a 1 hour tumble class (included in fees)**

FINANCIAL COMMITMENT

Training Fees: £73.00 per month
(must be paid via direct debit)

Registration Fees: £68.00

Training Kit: £60.00

Competition Uniform: £145.00

Competition Bow: £12.00

Competition Entry Fees: £95.00

REQUIRED SKILLS

Tumble: pike forwards roll, cartwheel, pike back roll to front support, back-walkover, $\frac{3}{4}$ handstand hold

Jumps: toe touch and hurdle jump

Bases: must be able to base a 2-foot prep

Flyers: must have a scale and heel stretch

IMPORTANT DATES

Sunday 28th February 2021: Fierce Fest Showcase, Grimsby

Saturday 6th March 2021: Future Cheer Circus Spectacular, Grimsby

Saturday 21st March 2021: Cheer City Spring Open, Leicester

Saturday 15th May 2021: Ice Summer Meltdown, Doncaster





ELITE TEAMS

Does your child live at the gym and dream of being on team England? Elite cheer might just be the right fit for you! With big commitment comes amazing results and rewards!

LEVEL 1 ELITE – BLUSH

Tuesdays 5-7 p.m. & Sundays 11am-1pm

Required Skills:

3 x back-walkover, hurdle front-walkover, handstand forwards roll, pike back-roll, round-off, valdez Flyers: spike and bow and arrow bases: base 1-leg at prep level

LEVEL 2 ELITE – GLITTER DOLLS (DEVELOPMENT)

Thursdays 5-7pm

Required Skills:

All level 1 elite skills mastered with a green-light technique score

LEVEL 3 ELITE – DIAMONDS

Tuesdays 7-9pm & Sundays 1-3pm

Required Skills:

3 x back-handspring, Jump 3 x back-hand-spring, front tuck, round-off handspring tuck Flyers: bow and arrow and spike at extended level Bases: base 1-leg at extended level

LEVEL 4 ELITE – DESIRE (DEVELOPMENT)

Thursdays 7-9 pm

Required Skills:

All level 3 elite skills mastered with a green-light technique score

***Novice, prep, prep elite and elite athletes are also required to take a 1 hour tumble class (included in fees)**



FINANCIAL COMMITMENT

Training Fees: £83.00 per month
(must be paid via direct debit)

Development Training Fees: £20 per month

Registration Fees: £68.00

Training Kit: £60.00

Competition Uniform: £145.00

Competition Bow: £12.00

Competition Entry Fees: £194.00

IMPORTANT DATES

Sunday 28th February 2021:
Fierce Fest Showcase, Grimsby

Saturday 6th March 2021:
Future Cheer Circus Spectacular, Grimsby

Saturday 21st March 2021:
Cheer City Spring Open, Leicester

Saturday 15th May 2021:
Ice Summer Meltdown, Doncaster

Saturday 19th or Sunday 20th June 2021:
JamFest Europe, Liverpool

Saturday 3rd or Sunday 4th June 2021:
Future Cheer Internationals, Bournemouth





NON-TUMBLE & OPEN

A perfect option for older athletes who want to keep on cheering but don't have the time to commit to elite level training! Train once a week and still attend our most popular events like FC Bournemouth!

DARK CRYSTAL, NON-TUMBLE LEVEL 3

Age 14+
Sundays 3-5pm

FINANCIAL COMMITMENT

Training Fees: £36.00 per month
(must be paid via direct debit)

Registration Fees: £68.00

Training Kit: £40.00

Competition Uniform: £145.00
Competition Bow: £12.00
Competition Entry Fees: £132.00

IMPORTANT DATES

Sunday 28th February 2021:
Fierce Fest Showcase, Grimsby

Saturday 21st March 2021:
Cheer City Spring Open, Leicester

Saturday 19th or Sunday 20th June 2021:
JamFest Europe, Liverpool

Saturday 3rd or Sunday 4th June 2021:
Future Cheer Internationals, Bournemouth





TUMBLE CLASSES

Our tumbling programme allows our athletes to progress quickly outside their cheerleading team training, keeping them interested, engaged and reaching for the top!

Novice, prep, prep elite and elite level athletes are required to attend one tumble class per week which is included in your fees. Pre-school, recreational, adult and non-tumble athletes have the option of attending an extra tumble class at an additional fee.

TUMBLE LEVELLING SYSTEM

Pre-School Tumble: *please see pre-school curriculum

Novice: cartwheel, candlestick, forwards roll and half handstand

Prep: pike forwards roll, pike backwards roll to front support, cartwheel to front support, forwards walkover, backwards walkover and $\frac{3}{4}$ handstand

Elite 1: handstand forwards roll, pike back roll, round-off, Jump forwards walkover, 3 x backwards walkover, valdez

Elite 2(A): standing handspring, back-extension roll, round-off handspring, front-hand-spring

Elite 2(B): handspring step-out, walkover handspring, back-extension roll handspring, round-off double handspring, flyspring

Elite 3(A): Front tuck, round-off handspring tuck, standing 2 x handspring, jump 2 x handspring

Elite 3(B): Front tuck – hurdle round-off handspring tuck, standing 3 x handspring, jump 3 x handspring

Elite 4(A): Front tuck step out, round-off handspring layout, standing 2 x handspring tuck

Elite 4(B): Forwards handspring front tuck, speciality pass through to layout, standing 1 x handspring tuck, standing tuck

Elite 5(A): front layout, round-off handspring full twist, 2 x handspring layout, jump to tuck

Elite 5(B): Arabian, speciality pass through to full, standing 1 x handspring layout, jump to handspring layout

Elite 6(A): front full, round-off handspring double full twist, 2 x handspring full twist, jump to 2 x handspring full

Elite 6(B): Front tumble through to double full twist speciality, standing full, jump to full



TUMBLE GRADES

All skills are evaluated each term and awarded a grade. Athletes who have completed all skills in the given level with a green-light technique score will be moved into the next level class.

X (one star):

Red-light technique score – this is a skill the athlete is just starting to learn, perfection will come with time

XX (two star):

Amber-light technique score – this is a skill the athlete has learnt and is now perfecting and building consistency

XXX (three star):

Green light technique score – this is a skill the athlete has now perfected and is ready for the competition routine.

Once an athlete passes a tumble level, they will receive a special certificate and pin-badge to commemorate their achievement.



My daughter would be lost without cheer, being part of the Fierce Family is the best feeling ever. A huge thank you to Erin for everything you do for Fierce as a whole and the love you give to each athlete. You make each athlete feel they have the ability to achieve their goals!

- Hayley (parent)



SCHEDULE OF FEES

1st September 2020

Competition Uniform £72.50 (Elite/Prep Elite/NT and Prep)

1st October 2020

Competition Uniform £72.50 (Elite/Prep Elite/NT and Prep) £53.00 (Novice)

1st November 2020

Competition Entries:

£18.00 (Novice and Masters) £38 (Prep) £60 (Non-Tumble) £70 (Prep Elite) £74 (NT Elite)

1st December 2020

Competition Entries:

£15 (Novice and Masters) £20 (Prep) £25 (Prep Elite and NT) £35 (Elite)

1st January 2020

Competition Entries:

£47 (Non-Tumble) £38 (Elite)

1st February 2020

Competition Entries:

£10 (Recreational) £47 (Elite)



COMPETITION

DATE

INFORMATION

Season 7 Begins	Monday 13th July	Athletes will begin training with their new teams
Summer Training Schedule	3rd – 28th August 2020	Blush 9am-1pm and Diamonds 2-6pm. Teams will train both days
Term Time Training Schedule	1st September 2020	
Elite Choreography Camp	27th & 28th September 2020	
October Half Term	19th Oct – 2nd Nov 2020	No regular training
Prep Elite Choreography Camp	28th & 29th November 2020	Amethyst 10am-1pm, Ultraviolet 2-6pm Teams will train both days
Christmas Holiday	18th Dec 2020– 6th Jan 2021	No regular training
February Half Term	15th – 20th February 2021	Boot Camp Week: Baby Pink, Coral, Rose Pink, Violet, ReGALS, Royal, Black Onyx, Amethyst, UltraViolet, Blush and Diamonds
Fierce Elite presents Fierce Fest 2021 , The Grimsby Auditorium Cromwell Rd, Grimsby, DN31 2BH	28th February 2021	Bumblebees, Dadelions, Sunshine, Flamingo Topaz, Pink Sapphire, Pineapple, Bananas, Lemon, Daffodils, Pink Diamonds, Honey, Blondies, Rose Gold, Goldies, Fire, Dark Crystal, Baby Pink, Coral, Rose Pink, Violet, Regals, Royal, Black Onyx, Ultraviolet, Amethyst, Blush and Diamonds
Future Cheer Circus Spectacular , English Institute of Sport, Coleridge Rd. Sheffield, S9 5DA	6th and 7th March 2021	Saturday: Amethyst, Blush, UltraViolet Sunday: Diamonds Spectator Tickets: Due 1st December
Cheer City Spring Open , Morningside Arena	20th and 21st March 2021	Saturday: Baby Pink, Coral, Rose Pink, Violet, ReGALS, Amethyst, Blush Sunday: Fire, Royal, Black Onyx, UltraViolet, Diamonds, Dark Crystal Spectator Tickets: Due 1st January
Easter Holiday	1st April -20th April Saturday	No regular training
ICE Summer Meltdown , The Dome, Doncaster Lakeside, Bawtry, Doncaster, Yorkshire, DN4 7PD	15th May 2021	Violet, ReGALS, Royal, Black Onyx, Amethyst, UltraViolet, Blush and Diamonds Spectator Tickets: TBA
May Bank Holiday	28th -31st May 2021	No regular training
May Half Term	1st June – 6th June 2021	Bootcamp: Blush and Diamonds
Jamfest Europeans , M&S Bank Arena, Kings Dock, Liverpool Waterfront, Liverpool, England, BC L3 4FP	19th and 20th June 2021	Blush, Diamonds, Dark Crystal Spectator Tickets: to be purchased directly from JamFest.
Future Cheer Internationals , BIC, Exeter Road, Bournemouth, Dorset, BH2 5BH	3rd and 4th July 2021	Saturday: Blush Sunday: Diamonds and Dark Crystal Spectator Tickets: 1st March
Evaluations Week	5th – 9th July 2021	Evaluations will take place during regular training
Fierce Finale Presentation Evening	9th July 2021	
Season 8 Begins	12th July 2021	Athletes will begin training in their new teams

A. Payment of Subscription Fees

- i. Subscription fees are due to be paid on the 1st of each month. Should this day fall on a weekend or bank holiday, the due date will move to the next available working day
- li. Failure to make prompt payment will result in you or your athlete being unable to attend trainings or events until the balance due has been paid in full plus any late fees
- lii. We reserve the right to retain competition entries, gear or uniform orders in lieu of payment
- Iv. Should you wish to cancel your membership, 30 days notice must be given, meaning if you wish to stop in March, you must let us know by 1st February
- V. Failure to do this will result in the final month being charged. Refunds for subscription fees will not be granted for any reason
- VI. All fees must be paid via direct debit. Cash, bank transfer and other forms of payment will not be accepted
- VII. A late fee of 5% per working day will be charged on all failed direct debits

B. Payment of Competition Entries

- i. Competition entries are due to be paid on or before the scheduled due date.
- li. Failure to pay competition fees by the deadline, will result in yourself or your athlete being unable to compete. You or your child may also be removed from a competition team. Your or your child will be given the opportunity to participate on a recreational team, should competition fees prove unaffordable.
- lii. Competition entries are non-refundable. It is the event providers' policy not to provide a refund for any spectator tickets or competition entries—therefore we are unable to pass this back to you—even if you do not chose to follow through and participate. This includes you or your athlete's inability to participate as a result of injury.

C. Payment of Uniform or Gear

- i. All custom made items, including competition uniforms, trainings kits, personalised training items and other made to order pieces are non-refundable. By placing an order, you are accepting that a refund will not be possible even if the item does not fit or is faulty in any way.
- li. Items may take between 1 week to over 12 weeks to arrive. Lead times for competition uniforms are particularly long with optional items like hoodies being closer to 1 week. Please note: a refund will not be possible should the lead time not meet your satisfaction. This is out of our control.
- lii. Mandatory gear items like training kits and competition uniforms must be paid for by the published deadline. Failure to pay on time will result in your order not being put through. This could mean you or your athlete being asked to train as a non-competitive athlete on a recreational team.

D. Payment of extra sessions including; guest coach sessions, workshops, camps and any extra classes of any kind

- i. Payment must be made on or before the published deadline
- li. Failure to pay by the published deadline will result in the forfeiture of you or your athlete's place
- lii. Refund requests must be made 48 hours before the class is scheduled to take place. Refunds requested after this time will not be granted regardless of the reason for non-attendance
- Iv. If you do not wish to attend the session, you must give 48 hours notice. Failure to give notice will result in your account being charged for the full amount of the session regardless of the reason for non-attendance.

E. Refunds

- i. Refunds will not be granted for any reason in regards to custom made or made to order gear/uniform items
- li. Refunds for subscription fees will not be granted regardless of reason.
- lii. Should you wish to cancel your membership, 30 days notice must be given. For example, if you wish to cancel your subscription for March, you must let us know before 1st February. Failure to do this will result in your account being charged for the final month.
- Iv. Refunds for competition fees will not be granted regardless of reason
- V. Refunds for extra classes or workshops will be granted if the 48 hour notice period is adhered to. Failure to do this will result in the refund not being granted

If you choose to go ahead with your registration, we will take that to mean you have read and agree to the above terms.



COVID-19 PHASED RETURN

Phase 0:

All classes/team training will take place online via Zoom.
Training hours reduced by 50%.

Phase 1:

All classes/team training will take place in our outdoor venue space.
Training hours reduced by 50%.

Phase 2:

Classes/teams will return to our indoor venue space in a limited capacity and social distancing measures in place. Groups will train in a bubble of other athletes/teammates.
Training hours reduced by 75%

Phase 3:

Teams who are required to stunt will do so for a short period during each practice. During the remainder of the training, teams will continue to social distance.
Training hours reduced by 75%.

Phase 4:

Social distancing measures will be reduced to 1 metre and more athletes will be allowed to train together in the gym. Teams whose hours have been reduced will see a restoration of some/all of those hours. Athletes will continue to train together in 'bubbles' where possible. Training hours return to 100% where possible.

Phase 5:

Social distancing is no longer required within the gym space. Class schedule returns in its full capacity and athletes are not required to train in bubbles.
Training hours to return to 100%.

Please Note: we may not introduce all phases this season or it may be required to introduce a middle ground between phases or even to return to phases we have been in previously. We will continue to monitor government guidance before making the decision to move into a particular phase.

