

# FIERCE ELITE

## *Cheerleading*



**SEASON 10 TEAM PLACEMENT  
INFORMATION PACK**

# IMPORTANT DATES



**Saturday 20th May 2023**

Next Level Workshops

**Monday 5th June 2023**

Full Season 10 Information package released

**W/C Monday 5th June 2023**

Season 10 Information meetings with Coach Erin Douglas

**W/C Monday 3rd July 2023**

Final Evaluations

**Friday 7th July 2023**

Team Declaration forms due

**Saturday 8th or Sunday 9th July 2023**

Team Placements

**W/C Monday 10th July 2023**

Stunt Call Backs

**Sunday 16th July 2023**

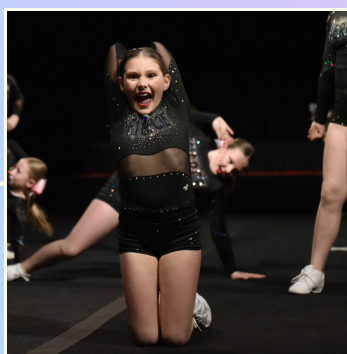
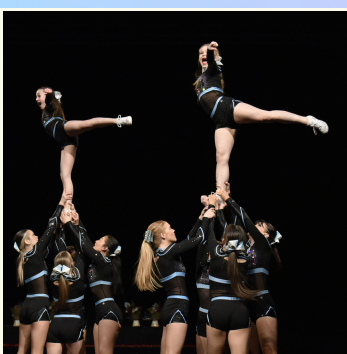
Rainbow Reveal

**Monday 17th – Sunday 30th July 2023**

Gym Closed

**Monday 31st July 2023**

Summer Training Begins





# COMPETITIVE PATHWAYS



From recreational to elite all athletes have a special place in our programme. Every athlete is different and unique, therefore the team that suits you and your family may be different from your friends and peers.

You may wish to consider cost, commitment level, travel and training times before deciding to commit to a team or level. It is also perfectly acceptable to try a team or level for a season, realise it's not for you, and return to a previous team or level. It's all about what makes you/your athlete happy!

## Recreational Teams

Recreational teams are where the FUN is at. Athletes will build confidence with the basics of cheerleading while working towards badges as part of our recreational proficiency awards. They will also have the opportunity to perform in our yearly showcase - Fierce Fest!

## Novice Grade I Teams

Novice teams are the perfect introduction to competitive cheerleading with lower costs and commitment in relation to our other competition teams. Athletes will train once per week and compete at one regional level competition. It's the perfect low-pressure environment to explore the world of competitions. Novice Grade I teams have no skill requirements, simply attend team placements and you're on the team!

## Novice Grade II Teams

Does your athlete have some experience in recreational or novice but isn't ready for the time, cost or commitment of a prep team? Our new advanced novice programme is the perfect way to level up without moving up! Novice Grade II athletes will still enjoy the benefits of our low cost and commitment programme BUT they will learn more advanced routines, tumbles and stunts! \*please see the skill requirement list for the skills needed for these teams

## Prep Teams

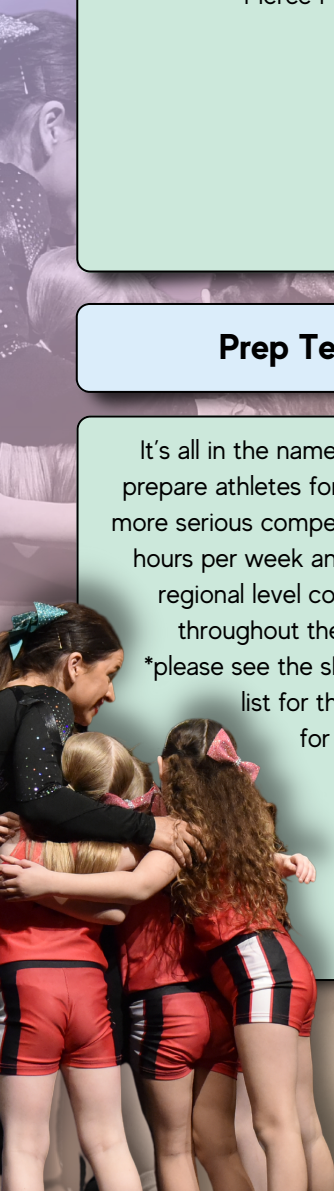
It's all in the name! Prep teams prepare athletes for the rigours of more serious competition, training 3 hours per week and attending 3 regional level competitions throughout the season.  
\*please see the skill requirement list for the skills needed for these teams.

## Elite Teams

The best of the best, elite athletes are cheer-mad! They live in the gym and eat, sleep and breath cheer! The rigours of elite cheerleading require a high level of commitment from the athlete and the whole family as they travel the country competing at national and European level events.  
\*please see the skill requirement list for the skills needed for these teams

## Non-Tumbling Teams

Non-tumbling is a new competitive category that is quickly becoming one of the most popular pathways in the world. Non-tumbling teams offer the opportunity to compete at the higher levels of cheerleading to those who are not natural tumblers or who prefer the stunting aspect of cheer. \*please see the skill requirement list for the skills needed for these teams



# COMMITMENT

Our competition teams are well known nationally for the high standard of our routines, technique and overall execution. Over the past 9 years we have earned almost 100 first place wins including 8 European titles. Commitment is very important to us as, not only does it contribute to our outstanding results, but it also teaches our athletes the value of honouring your word even when it is inconvenient or there is a better offer. We believe that learning to manage their time, planning homework, part-time work, and social lives around training is a great life skill and one of the many benefits of competition level cheerleading.

With this in mind, we ask families to consider our commitment policy before taking on the decision to join a competition team. This is a whole-family commitment, and we understand that it isn't something that suits everyone. We offer recreational or low-commitment Novice teams for athletes who still want to compete but are unable to commit to attending all trainings from September to June

## **Absence from training will be excused for the following reasons:**

- Family bereavement, wedding or religious event
- Severe illness or sickness
- Work commitments for a full-time paid job (adult athletes age 18+)

## **Absence from training will NOT be excused for the following reasons:**

- Parties or other social events including birthdays
- Part-time jobs or work
- Transportation or scheduling issues
- Forgetfulness
- Holidays or weekends away
- School work or homework
- Minor illness or injury (athletes should attend but sit out or modify training)
- Other sport events or commitments



# REQUIRED SKILLS



With cheerleading being a highly competitive sport it is essential that we place athletes into the correct teams to enable them to progress within the sport in a safe and sustainable way

## Novice Grade I Teams

**Tumble Skills:** None  
**Stunt Skills:** None  
**Flyer Skills:** None

## Novice Grade II Teams

**Tumble Skills:** forwards roll, cartwheel  
**Stunt Skills:** at least one year of stunt experience on a recreational or novice grade I team  
**Flyer Skills:** 10 second lib hold per side

## Prep Teams

**Tumble Skills:** cartwheel, forwards roll, bridge, 30 second handstand hold, split on one leg  
One of the following:  
handstand forwards roll, forwards walkover, backwards walkover  
**Stunt Skills:** at least 1 year of stunt experience on a recreational or novice team  
**Flyer Skills:** 10 second lib hold per side and 10 second arabesque hold per side.

## Elite Level 1 Teams

**Standing Tumble Skills:** valdez, switch leg walkover, series walkover  
**Running Tumble Skills:** connected forwards walkover – cartwheel – backwards walkover series  
**Stunt Skills:** at least 1 year of stunt experience on a prep or prep elite team  
**Flyer Skills:** 10 second heel stretch hold per side and 10 second scale hold per side.

## Elite Level 2 Teams

**Standing Tumble Skills:** handspring step-out – walkover – handspring.  
**Running Tumble Skills:** forwards handspring step-out round-off handspring, round-off series handspring  
**Stunt Skills:** at least 1 year of stunt experience on an elite level 1 team  
**Flyer Skills:** 10 second bow and arrow hold standing on left leg and 10 second spike hold standing on right leg

## Elite Level 3 Teams

**Standing Tumble Skills:** handspring step-out walkover handspring series  
**Running Tumble Skills:** forwards handspring step-out round-off handspring tuck, round-off handspring tuck  
**Stunt Skills:** at least 1 year of stunt experience on an elite level 2 or non-tumble 2 team.  
**Flyer Skills:** 10 second bow and arrow hold standing on both legs, 10 second spike hold standing on both legs, straight ride basket and barrel roll.

## Elite Level 4 Teams

**Standing Tumble Skills:** walkover tuck, handspring tuck  
**Running Tumble Skills:** round-off handspring layout, front tuck step-out round-off handspring layout or whip pass through to handspring tuck  
**Stunt Skills:** at least 1 year of stunt experience on an elite level 3 or non-tumble 3 team.  
**Flyer Skills:** 10 second bow and arrow hold standing on both legs, 10 second spike hold standing on both legs, full twisting basket and kick and clean basket.

## Level 2 Non-Tumble

**Stunt Skills:** at least 1 year of stunt experience on an elite level 1 or prep elite team  
**Flyer Skills:** 10 second lib hold per side, 10 second arabesque hold per side

## Level 3 Non-Tumble

**Stunt Skills:** at least 1 year of stunt experience on an elite level 2 or non-tumble 2 team  
**Flyer skills:** 10 second lib hold per side, 10 second arabesque hold per side, 10 second heel stretch hold per side.

## Level 4 Non-Tumble:

**Stunt Skills:** at least 1 year of stunt experience on an elite level 3 or non-tumble 3 team  
**Flyer skills:** 10 second lib hold per side, 10 second arabesque hold per side, 10 second heel stretch hold per side, 10 second scale hold per side.

# TRY-OUT PROCESS



## Step 1:

read through the full Season 10 information pack and attend a Season 10 parents' meeting

## Step 2:

attend a Next Level Workshop (optional)

## Step 3:

complete your team declaration form with your preferred season 10 team choice

## Step 6:

attend your required call back session(s)

## Step 5:

attend a Team Placement session and receive your call back card.

## Step 4:

attend final evaluations during your regular team training or tumble class (current competition team members only)

## Step 7:

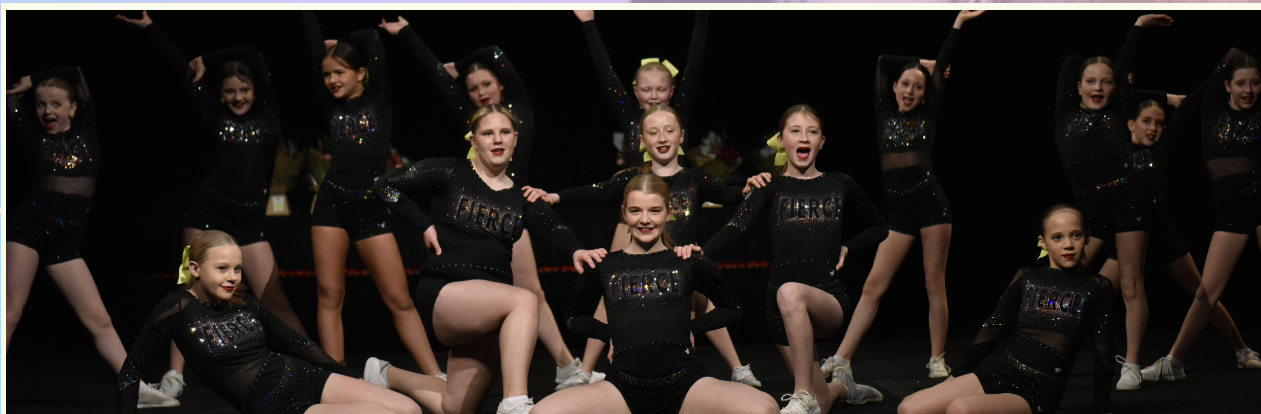
attend the Rainbow Reveal team reveal party and receive your Season 10 team offer

## Step 8:

accept your team offer by filling in your team contract, paying your registration fee and ordering your training kit/uniform

## Step 9:

summer training with your new teams begins on Monday 31st July





# NEXT LEVEL WORKSHOPS - SATURDAY 20TH MAY 2023



**\*OPEN TO  
MEMBERS AND  
NON-MEMBERS  
(£14 PER  
SESSION)**

Our Next Level Workshops are the perfect opportunity for athletes to trial the next level in their cheerleading journey before making their team request and attending team placements.

The session will focus on teaching athletes the stunts, pyramids and baskets needed for the next level!

**10:00-12:00 p.m**

Prep and Level 1 Elite

**12:00-2:00 p.m**

Level 2 Elite and Non-Tumble Level 2

**2:00-4:00 p.m**

Level 3/4 Elite and Non-Tumble Level 3/4



# TEAM PLACEMENTS

SATURDAY 8TH OR  
SUNDAY 9TH JULY  
FROM 13:00-15:00

Athletes wanting to trial for a Season 10 competition team (including current competition team athletes) should come to one of the team placement sessions only. Athletes may arrive at any point over the 2 hours and will be dismissed once their trial is over (approx. 15 minutes). They will be asked to show tumble, jump and flyer skills required for each level to their highest ability. Non-tumble athletes will show jumps and flexibility only.

At the end of their session, athletes will be given a call-back card with their call-back session(s) date/time.





# CALL-BACK SESSIONS W/C 10TH JULY



At their call-back session, athletes will work together in stunt groups and show their try-out dance in groups of four. Coaches will be judging athletes' ability to remember choreography and perform that choreography with crowd appeal and precision. Athletes may be asked to try a variety of stunt positions so that coaches can get a feel for the range of their stunt ability.

## **Flyer Call-backs**

Monday 10th July 5:00-7:00 p.m.

## **Prep Call-backs Age 5-8**

Tuesday 11th July 5:00-7:00 p.m.

## **Non-Tumble Call-backs**

Tuesday 11th July 7:00-9:00 p.m.

## **Novice Call- backs age 4-6**

Wednesday 12th July 4:30-5:30 p.m.

## **Novice Call- backs Age 7-14**

Wednesday 12th July 5:30-7:00 p.m.

## **Prep Call-backs age 9-14**

Wednesday 12th July 7:00-9:00 p.m.

## **Elite Level 1 Call-backs**

Thursday 13th July 5:00-7:00 p.m.

## **Elite Level 2/3/4 Call-backs**

Thursday 13th July 7:00-9:00 p.m.



# SUMMER TRAINING TIMETABLE

(MONDAY 31ST JULY -  
THURSDAY 24TH AUGUST)



Monday	Tuesday	Wednesday	Thursday
10:00-14:00 Holiday Club	10:00-14:00 Holiday Club	10:00-14:00 Holiday Club	10:00-14:00 Holiday Club
14:00-16:00 Future Stars Camp	14:00-16:00 Level up Camp	14:00-16:00 Future Stars Camp	14:00-16:00 Level Up Camp
16:00-17:00 Prep Tumble	16:30-18:00 Mulberry	16:00-17:30 Baby Pink & Bubblegum	16:00-17:00 Level 1/2 Tumble
17:00-19:00 ReGALs & Violet	18:00-19:00 Level 3/4/5 Tumble	17:00-18:00 Coral & Peach 18:00-19:00 Prep & Novice Tumble	17:00-19:00 Blush & Glitter Dolls
19:00-21:00 Envy & Dark Crystal	19:00-21:00 Desire	19:00-20:00 Rose Pink 19:00-21:00 Electric & Royal	19:00-21:00 Diamonds & Blue Crush

\*Recreational classes will run on their normal dates and times throughout August.

