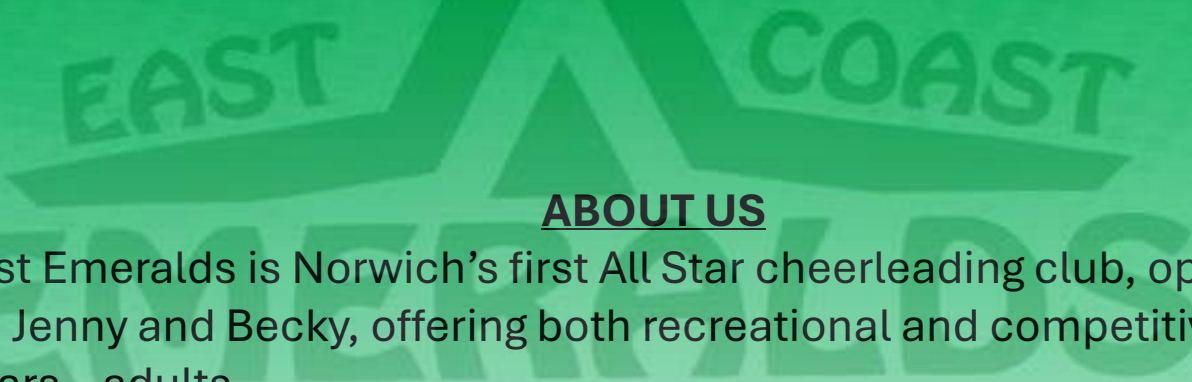




EAST COAST EMERALDS

25/26 SEASON INFORMATION PACK



ABOUT US

East Coast Emeralds is Norwich's first All Star cheerleading club, opening in 2010 by sisters Jenny and Becky, offering both recreational and competitive classes for ages 4 years – adults.

We pride ourselves on being a fun and friendly club who have had great success at competitions, including winning a number of Regional, National and International championship titles.

East Coast Emeralds has a number of fully qualified, dedicated and enthusiastic coaches, assistant coaches, and junior coaches, who have all developed through the Emeralds programme and share the same club values and morals.

Our philosophy at East Coast Emeralds is to offer cheerleading for all. We welcome all ages and abilities to our club and our aim is to progress each person's athletic ability, whilst also teaching lifelong skills such as team work, responsibility and commitment.

TRAINING FACILITY

East Coast Emeralds train in our dedicated cheerleading gym, located at Unit 3, Marriott Close, City Trading Estate, Norwich, NR2 4UX. The space offers a full size competition sprung floor, as well as additional space for tumbling.

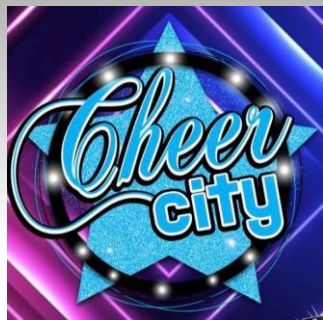
CLASSES AVAILABLE

Exact team lists will be finalised after team trials,
but below you will find an overview
of the type of teams on offer.

Type of Team	Suitable For	Ages
Non competitive cheer	* New Athletes * Athletes who are unable to commit to a competition team * Athletes who are working towards the requirements for a competition team * Competition athletes who would like additional training.	Pre-School - Adult
Prep Competition Teams	* Athlete's wishing to compete, who meet the prep skills and commitment requirements.	Birth year 2022 or earlier
All Star/ IASF Competition Teams	* Athlete's wishing to compete who meet the All star /IASF skills and commitment requirements.	Birth year 2018 or earlier
Non-Tumble Competition Teams	* Athletes who may not meet the requirements for an all-start tumble team but have experience in stunting at level 2+.	2010 or earlier
Tumble & Stunt Classes	* Additional classes to develop tumble and stunt skills.	All ages

25/26 Competition Schedule

Please note that not all teams compete at all competitions.
Please see teams attending column for details.



Competition	Date	Location	Teams Attending
Cheer City Autumn Adventure	22/23 rd November 2025	Warwick University	Showstoppers
Future Cheer Winter Wonderland	6 th / 7 th December 2025	Essex University, Colchester	All teams except novice/prep
New! Power Up Events – First Charge	21 st and 22 nd March 2026	Warwick University	All teams
BCA Nationals	23 rd /24 th May 2026	Telford	All teams
ECE Summer Showcase	TBC	UEA Sportspark	All teams
European Summit	20 th /21 st June 2026	Lisbon, Portugal	*Bid winning teams*
FC Internationals	26 th – 28 th June 2026	Bournemouth	All teams except novice/prep

Competition Teams Commitment

Following team trials, before accepting a space on a competition team, you will be asked to read and accept our club rules and commitment expectations. We will also arrange a zoom meeting for any new parents to discuss the commitment and expectations involved.

We have different teams to suit all.

In summary:

- Athletes must be able to attend all competitions for your team
- You must also be able to attend all compulsory training sessions which run for the three weeks leading up to a competition plus an additional session the weekend before.
- You must inform us of any known absences when accepting your team space. Failure to do so until later in the season will incur a £50 re-choreography fee and possible removal from the team.
- We will provide all dates to you prior to accepting your space on a team. It is your responsibility to check these carefully and refer to them throughout the season.



UNIFORMS

All teams except novice/prep will be wearing a NEW! uniform for the 25/26 season! Socks and bows will remain the same.

Uniform costs:

All Star Uniform: £160

Novice/Prep Uniform: £75

Socks (All Star Teams): £32

Bows: £20

Athletes will also be responsible for purchasing their own black trainers. These can be any brand but must be plain black with black soles.

The club will arrange a club order for specific cheerleading trainers, but you may choose your own if you wish.



info@libertycheerwear.co.uk

Socks £32



Novice / Prep Uniform

Level Appropriate Skills

- Competition teams must be able to hit certain scoring ratios in order to be successful at competitions. Athletes therefore must be able to perform certain level appropriate skills, in order to be eligible for teams.
- **Tumble-** Please find linked below videos of the tumble requirements for each level. Athletes must be able to demonstrate all skills within that level to be eligible for a space on a competition team.

[East Coast Emeralds – YouTube](#)

- **Flyers** -If you are interested in being selected for a flyer position, please see the flyer information sheet which details the flexibility requirements.
- **Stunt and Jumps** -When putting teams together, we also take into consideration stunt experience and athletes jumps / dance / performance ability.



Tumble and Stunt Classes

Tumble/stunt development will be included in competition teams training, but we would recommend athletes also attend an additional session per week to develop skills further. These sessions are an additional cost to your monthly membership.

Team training Fees / Membership Fees

Training fees vary depending on which team you are on and the length of your session, but can range between £35 - £50 per month for one team.
There is also an annual membership fee of £35 per athlete.

Uniform and Trainers

Competition squad athletes will need to purchase a new season uniform. Athletes will also need a competition bow and black trainers. Please see previous page for costs of these items.

Merchandise

Athletes will receive a Season 16 training t-shirt as part of their membership fee.

Additional merchandise is optional but includes items such as:

- * Bags
- * Hoodies
- * Fleece
- * Training kits
- * Sliders
- * Drinks bottles
- * Accessories

Competition Costs

Competition costs can become expensive, so we ask you consider this before committing to a team.

- * Competition entry fees
- * Spectator ticket fees
- * Travel costs
- * Accommodation costs

Costs to consider

HOW TO JOIN US FOR SEASON 16

- Once you have read through all the information in this pack, if you wish to book a space on the team trial sessions, please complete the form linked below.
- Following submission of your form, you will be invited to attend a weekly trial session throughout July. **This is not your final team** but will give coaches a chance to assess skills thoroughly alongside athletes of a similar ability. You may be moved to different sessions during this period.
- New athletes will also be required to attend a one off tryout session on **Saturday 28th June from 2-4pm**. This includes athletes from our rec programme who have not competed on an Emeralds team previously.
- We will then run a reduced summer timetable over August, during which time we will send out all confirmed team placements.
- Season 16 team training will then begin from September.

Team Trials Booking Form:

<https://form.jotform.com/251475529201050>

w/c 30 th June	Team Trials
w/c 7 th July	Team Trials
w/c 14 th July	Team Trials
w/c 21 st July	Team Trials
w/c 28 th July	Team Trials
w/c 4 th August	Reduced summer timetable
w/c 11 th August	Reduced summer timetable
w/c 18 th and 25 th August	Gym closed



WE LOOK FORWARD TO
WELCOMING YOU TO EAST COAST
EMERALDS