

EAST COAST EMERALDS

26/27

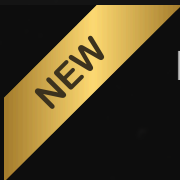
INFORMATION PACK

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CLASSES AVAILABLE

We have classes to suit all abilities, commitment levels and ages

Type of Team	Suitable For	Age Group
Recreational Cheer - Non Competitive	Athletes who don't want to compete, or don't currently meet the minimum requirements for a competition team, or athletes who wish to attend an additional class alongside a competition team.	Pre-school to 16 years
Prep / Novice Competition Teams	Athletes who meet the novice/ prep minimum requirements	Birth year 2022 or earlier
Elite Competition Teams	Athletes who meet the elite minimum requirements	Birth year 2019 or earlier
Non Tumble competition teams	Athletes who do not meet the minimum tumble requirements but have experience in stunting	U18 - 2008-2013 Open - 2011 or earlier
International travel teams	Separate information pack available on request	Separate information pack available on request
Crossovers	 For the 26/27 season, we are only allowing athletes to cross over to one additional competition team (two total).	

26/27 COMPETITION SCHEDULE

Competition	Date	Location	Prep Teams	Elite Teams	Travel Teams
CHEER CITY - AUTUMN ADVENTURE OR NCA CLASSIC - PARIS	21 ST / 22 ND NOVEMBER OR 5 th DECEMBER 2026	COVENTRY OR PARIS			
POWER UP - WINTER BLACKOUT	12 th / 13 TH DECEMBER 2026	WARWICK			
BCA SUPER CLASSIC/BID BATTLE	30th AND 31 ST JANUARY 2027	BIRMINGHAM			
FUTURE CHEER - SPOTLIGHT SHOWDOWN	13th / 14 TH MARCH 2027	ESSEX			
ALL STAR WORLD CHAMPIONSHIPS	14 TH - 18 TH APRIL 2027	FLORIDA			
BCA NATIONALS	29th / 30 TH MAY 2027	TELFORD			
EAST COAST EMERALDS SHOWCASE	12 th June 2027	UEA SPORTSPARK			
FUTURE CHEER INTERNATIONALS	25th - 27 TH JUNE 2027	BOURNEMOUTH			



Commitment Expectations

Being part of a competition team involves a high level of commitment and athletes are expected to attend all training sessions and competitions.

Parents and athletes will be asked to read and sign our Commitment Policy Document, which will be sent with your final team placement, to confirm that you are willing to meet the requirements.

Compulsory Training →

There are certain compulsory training dates in the lead up to competitions that athletes must attend. These will be detailed with your team placement information, but includes the 3 weeks leading up to each competition, as well as some additional weekend sessions.

We are unable to offer spaces to athletes who cannot commit to all competitions, without prior agreement.

← *Full Season Commitment*

CHEERLEADING IS A TEAM SPORT AND ABSENCES HAVE A DETRIMENTAL EFFECT ON TEAMS

Uniforms

Uniform prices are as follows:

Elite Uniform: £160

Prep Uniform: £55 - 65

Socks (Elite teams only): £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 aim to organise a group booking of Varsity cheerleading shoes.



TUMBLE SKILL REQUIREMENTS

Athletes trying out for a tumble team will be required to show a minimum of 2 standing and 2 running skills relevant to the tryout level they attend. The levels range from NOVICE & PREP level 1, through to ELITE levels 1,2,3 and 4.

NOVICE/PREP LEVEL 1

Forwards roll
Backwards roll
Handstand
Cartwheel
Round off
Bridge/Kickover

Athletes to show a minimum of 3 skills in this level

ELITE LEVEL 1

Standing

BWO
BWO Switch Leg
BWO Series
Valdez

Running

FWO
CW-BWO Series
Round off
CWO BWO Switch

ELITE LEVEL 2

Standing

BWO-BHS
BWO Switch - BHS
BHS Step Out
Back Extension Roll

Running

RO BHS Step Out
RO BHS Series
FWO RO BHS
CW BHS Series

ELITE LEVEL 3

Standing

BHS Series
BHS Stepout - BHS Series
BWO - BHS Series
Jump - BHS Series

Running

RO BHS Tuck
FWO Aerial
Punch Front
FWO-RO-Tuck

KEY

BWO = Back Walkover

Series = Two or more

FWO = Front Walkover

CW = Cartwheel

BHS = Back Handspring

RO = Round Off

PF = Punch Front

ELITE LEVEL 4

Standing

Standing Tuck
BHS - Tuck
Jump - BHS - Tuck
BWO - Tuck

Running

RO BHS Layout
PF Stepout - RO to Layout
FWO - RO to Layout

Costs to Consider

Membership fees

One off annual fee between £35 and £45 depending on team.

Training fees

Monthly fee varies depending on team

Uniform and Trainers

See previous page for details

Competition Costs

Including competition entry, travel, accomodation and spectator tickets

Merchandise

Optional - includes hoodies, training tops, sports bras, bags, water bottles and more!

Extra classes

Optional - includes tumble classes, 1:1 sessions, and crossover teams

How to Join Us

PLEASE SEE ATTACHED DOCUMENT FOR FULL DETAILS
INCLUDING COSTS AND BOOKING FORM


Step 1 - Tumble Evaluations - 6th July - 16th July

Step 2 - Team Evaluations - 20th July - 14th August


Step 3 - Team Placement - End of August



Contact Us

 Email


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