

SEASON 10

Team Information Pack



- Welcome -

This info pack contains everything you need to know about cheerleading with Flyers Elite. Please read it through thoroughly and make a note of all compulsory competition dates and payment deadlines.

We hope you are excited to be a part of this incredible sport. The lessons our athletes will learn are priceless life skills that encourage COMMITMENT, DEDICATION, TEAM WORK, RESPONSIBILITY and RESPECT for themselves and others - all will be taught in a supportive and safe atmosphere.

It is our continued goal at Flyers to encourage all athletes to train to their fullest potential and to provide as many opportunities as possible. We hope that within our programme you feel welcomed, comfortable and develop lasting friendships, self confidence and a strong sense of #FlyersFamily pride.

We offer:

- Prep teams
- Elite teams
- Stunt Teams
- Tumble sessions
- Private sessions
- Open Gym (independent training)
- Camps in half terms/summer



All of our teams are competitive and opportunities to progress and develop are limitless.

'The bird that dares to fall is the one that learns to fly'



I absolutely love training at Flyers because all of the coaches and cheerleaders are so supportive and encouraging towards one another and everyone works together as a team.

It is the best club ever!

- Athlete Rose

Flyers Elite is open to athletes from aged 5+, male and female.

We look forward to welcoming individuals who can develop skills and gain new ones throughout the season.

Not all teams require specific skills, we just ask for commitment, hard work and to have fun whilst enjoying this sport.

'I love the fact that you all have to work together on your team. You give each other advice to make each other better and when others improve or do well you always feel proud of each other. There's always someone looking up to you so it makes you want to train better and harder to be a good role model which is what I love about cheer.'

- Athlete Mia



I can, I will, Watch me



- Training -

This year we have the expectation that athletes on an elite team must attend a tumble class in addition to their training. Tumbling is a key element of cheerleading and we have seen amazing progress in athletes.

Athletes are expected to commit to training as per usual and work on progressing their skills in all elements of cheerleading. Failure to do so will put their place on their selected team at risk with a chance they can be put on probation or moved to another team.

That being said, commitment and progress can also lead to athletes having the chance to move up to a higher level team as well.

We appreciate that cheerleading is an expensive sport and it is not always financially possible to commit to an elite team therefore our level 1 team has less expectations, cheaper uniform and is open to everyone.

Merchandise

We have exciting items designed for us by Little Stars and have a pro shop which will be opened throughout the season to purchase items such as:

- Training kits
- T shirts
- Hoodies
- Limited edition team items



Our elite uniforms are designed and made by liberty athletic. They are made to order and athletes are sized using kits provided by them. We will notify parents of the specific day whereby athletes need to come to the club to be sized.

It is the responsibility of the parents/guardian that they have sized their child correctly for their uniform and they can take approximately 6-8 week to be delivered.

NEW FOR SEASON 10

New limit sportswear have designed our custom shoes and we will be offering these to our International level 2 team this season first. All other teams will need white cheerleading shoes.



- Classes -

Team Training

This is the weekly training session that athletes MUST attend every week. Sessions will focus on developing all of the skills and routines required for competition. Please see team WhatsApp groups for your team training times and location.

Tumble Classes

These are structured tumble classes focusing on drills, technique & timing on a variety of skills. Athletes will be allocated a tumble class for their ability and it will be compulsory to attend for athletes on an elite team.

Flyers Club

Athletes selected to be a flyer will need to attend our session dedicated to stretching, core stability and balance.

This session will be open to other athletes wishing to work on their flexibility.

Private Sessions

Athletes work 1-2-1 with one of our coaches on select skills as well as receive a training plan. All privates are booked on an ad-hoc basis and are subject to availability

We are hoping to run 'Open Gym' at one of our venues.

Athletes can come and train independently on tumbling and stunting under the supervision of our coaches.

Training expectations

We do expect all competitive athletes to spend a minimum of 1 hour/week working on their tumble/jump/stunt skills. Our classes, clinics and 'open gym' sessions are the best way to do this as athletes can be guided and taught by our coaching team.

We must stress the importance of consistent effort outside of team training sessions in order to help athletes progress.

“If you are persistent you will get it. If you are consistent you will keep it.” – Kenny Feeley

- Competitions -

<u>Date</u>	<u>Competition</u>	<u>Location</u>	<u>Teams Competing</u>
3rd-4th December	Future Cheer Winter Wonderland	Colchester University	Venom Cyanide Black Widows
25th February	ICC Easterns	Peterborough	ALL TEAMS
20th-21st May	Cheer City Summer Games	Hertfordshire	ALL TEAMS
3rd June	Future Cheer Barcelona	Fira Centre Spain	Travel Team ONLY
23rd-25th June	Future Cheer Internationals	BIC Bournemouth	Travel Team ONLY
1st July	Battle of the Champions	Nottingham Arena	WINNING BID TEAM ONLY

Dates and venue's are subject to change.

You MUST be able to commit to the competitions. We plan these dates well in advance so that you have time to plan around them. Please do check that

*'Thoughts create feelings which create behaviours.
Think right, feel right, do right' - Coach Caric*

- Team Training -

All of our teams train once a week.

You must attend training EVERY week as a minimum requirement.

<u>Team Level</u>	<u>Team Name</u>	<u>Day/Time</u>	<u>Choreography camp</u>	<u>Sprung floor training</u>
International Level 2	<i>Venom</i>	Wednesdays West Hatch School 6:30-8:30pm	11th September Basingstoke Wolverines	16th Oct 10am-12pm 13th Nov 2pm-4pm 29th Jan 2pm-4pm
Level 1 Elite	<i>Black Widows</i>	Thursdays St Aubyns School 6:30-8:30pm	2nd October Paige Hotter Milton Keynes	N/A
Level 1.1	<i>Night Shade</i>	Thursdays St Aubyns School 5:30-7:30pm	N/A	N/A
Senior 2	<i>Cyanide</i>	Fridays West Hatch School 6:30-8:30pm	25th September Paige Hotter Milton Keynes	16th Oct 10am-12pm 13th Nov 2pm-4pm 29th Jan 2pm-4pm
TRAVEL TEAM	TBA	Wednesdays West Hatch 5pm-7pm* (Subject to change)	TBC	N/A
Tumble classes at West Hatch	You will be allocated a tumble class based on ability to aid in the development of skills.			

Travel Team

This year we will be hosting try outs in December for a travel team to take to Future Cheer Barcelona and/or Bournemouth. This will be open to all members who can execute STRONG level 1 and 2 skills.

- Financial Commitments-

We keep costs as low as possible for parents however cheerleading and competitive sport can be costly. We therefore like to make all costs clear from the outset so that you can make an informed decision before committing to a team. Our payment schedule details the payment due each month. If you have any questions about this, please email us flyerselite@outook.com.

Payment Schedule: August 2022 - July 2023	
Date	Payment
August	Membership Fee (shoes if applicable)
1st September	MONTHLY FEE + UNIFORM + CHOREO FEE
1st October	MONTHLY FEE
1st November	MONTHLY FEE
1st December	MONTHLY FEE
1st January	MONTHLY FEE
1st February	MONTHLY FEE
1st March	MONTHLY FEE
1st April	MONTHLY FEE
1st May	MONTHLY FEE
1st June	MONTHLY FEE
1st July	MONTHLY FEE

All fees must be paid through your class for kids account via a monthly subscription. This amount will be adjusted for you to cover the payments relevant to your family or child each month.

All fee's must be paid on time. Flyers reserve the right to sit an athlete out of training or remove an athlete from the team in the event that financial obligations are not met

Competition fees can be paid in full on sign up
Nightshade = £100
Venom/Cyanide/Black Widows = £155

If you are a cross over on a second team then additional competition fees apply and we will send information of this to you individually.

Summary of costs

Membership fee:

£49 one off payment on sign up and includes competition bow, t-shirt & insurance.

Your fees include:

- Weekly team training session/s
- 1 x tumble class

Team	Team Training fees 120 mins a week	Competition fees	Uniform	Choreography fee	Sprung floor training	Tumble class 1-1.5hrs
Venom	£60	£155	£155 uniform £97.50 shoes	£62 one off payment	£10 per session	Dependent on selected class
Black Widows	£60	£155	£120	£50	n/a	Dependent on selected class
Cyanide	£60	£155	£155	£50	£10 per session	Dependent on selected class
Night Shade	£60	£100	Flyers leotard on shop (skirt/shorts to be decided)	n/a	n/a	Dependent on selected class
Footwear	Cheerleaders must wear soft soled, white 'indoor' training shoes for training & competition. They must NOT be worn outside. OUTDOOR SHOES are NOT permitted in the gym. Shoes must be worn from the 2nd training session. Athletes in a flying role should check with their coach before purchasing shoes.					
Other Costs	Transport to competitions / Accommodation if needed / spectator tickets for parents attending competition/additional training sessions/ team merchandise.					

Please note: COMPETITION FEES

These are non-refundable.

If an athlete is removed from the team or does not continue with their training then fees will be retained to cover the costs of changes to choreography, changes to the roster and to cover facility hire for additional training days a team may need to schedule due to the loss of a member.

- Behaviour, Strike Policy & Probation -

Athletes are expected to have 100% attendance and an exceptional level of behaviour inside and outside the club especially at competitions and on social media. Any unacceptable or undignified behaviour will not be tolerated and athletes will receive a strike.

Dress code:

- **Athletes MUST come to training in suitable attire and in Flyers training kit or t-shirt.**
- **Long hair must be tied back/short hair clipped back off of the face and good personal hygiene maintained.**
- **White indoor trainers/cheer shoes must be worn at training only.**
- **NO JEWELLERY/ WATCHES/FIT BIT to be worn at training or competitions. There is NO exception to this rule.**
- **No one may use the Flyers name or logo to create their own merchandise or social media accounts without permission from the head coach.**

We operate a 3 strike rule for absences, sickness & behaviour. This means that if an athlete has 3 strikes in any category during the season (Sept - July), an assessment will be made as to whether they are demonstrating the commitment and attitude required on a competitive team.



Excused*

Unexcused

Serious Injury or contagious illness e.g. norovirus

Homework/ revision / coursework

Compulsory Graded School Events

Birthdays / parties - your own or someone else's

Family Bereavement

Grounding/ parent punishment

Coronavirus or related symptoms

Menstruation

ATHLETES MUST NOT MISS TRAINING DUE MINOR ILLNESS/INJURY- if you are injured or unwell, let us know as early as possible so that we can adjust our session plan, but still come to training so that you can watch the session and keep up to date with everything. Please note that on our competitive teams a maximum of 3 absences will be permitted for sickness.

In the event that you have to isolate due to COVID-19, training plans will be sent home for you to train.

Any events that conflict with training days MUST BE communicated to the Flyers staff via the absence form on the team website OR via email from the athletes parent or guardian no later than 4 weeks before the absence is due to take place. Approval of absence at the discretion of the team coach. A link to the absence form is sent in the team WhatsApp groups in September. Please note that if you do not notify us of absences in advance, the absence will count as unexcused regardless of the reason.

Absences or clashes with camps or competitions must be notified before accepting a space on a team.

Flyers will not tolerate bullying of any kind of an individual/group of individuals which includes on social media.

Flyers has the right to waiver the three-strike behaviour policy if proof of bullying is presented to a senior member of staff and can remove an athlete instantly if deemed necessary which will result in them not being allowed to return to club for any future sessions and a loss of all fees paid.

Behaviour inc. social media

- **Flyers athletes are expected to hold themselves to a high standard of respect and maturity and represent the club in a good way. This applies whether in or out of the gym, at competitions and includes social media. Failure to do so will result in a behavioural strike.**
- **1 strike = verbal warning by the coaches**
- **2 strike = email & phone call to parents**
- **3 strikes = athlete is put onto probation* (see below)**

Strike procedure:

- **3 unexcused absences results in the loss of an athletes place on the team.**
- **3 recorded sickness absences would result in an athlete not being able to compete at the next competition. They would maintain their space however it would be unfair on them and the team to continue modifying their routine. Numerous sickness days would result in an athlete moving to one of our prep or a recreational teams.**

***Probation:**

- **Any athlete who gets three strikes for behaviour is put on probation. Probation lasts six weeks where an athletes attitude and behaviour at training and towards other team mates is monitored.**
- **During probation an athlete is required to not miss training and be at additional training sessions to show commitment to the team by improving stunting and tumbling such as open gym or focus clinics.**
- **Failure to improve attitude or behaviour would result in removal from the team.**

Sign up check-list:

- **Create an account on class4kids**
- **Accept the place on your team/s and pay the annual membership.**
- **Ensure you have the correct training time and venue for your team and tumble class.**
- **Put all competition dates/choreography camp dates in your diary**
- **Follow us on social media**
 - **Flyers Family on Facebook**
 - **@flyerselite on instagram**

We hope that this pack has provided you with all of the information that you need for the season ahead. If you have any questions throughout the year, please double check this pack or the emails that are sent out as one or the other should have all of the answers within them.

That's all from us.

We look forward to seeing you for the best season yet!