



CHEERLEADING CLUB
SEASON PACK 2024/2025

**THIS PACK CONTAINS
EVERYTHING YOU NEED TO KNOW
ABOUT THE NEW
COMPETITION SEASON**

**IMPORTANT DATES, COSTS AND
COMPETITION INFORMATION,**

**SO PLEASE MAKE SURE YOU HAVE
READ AND UNDERSTOOD
EVERYTHING IN THIS PACK!**





WELCOME TO SEASON 2024/2025

Welcome to a new season with SS Stars we hope you are looking forward to competing with us for the upcoming season.

As you all know the club is ran on a voluntary basis along side all of the coaches other jobs, and this could mean we may have to cancel sessions due to work commitments. The club is a non profit club and all fees go back into the club to cover the costs for hiring the hall, equipment, competition entry fees, insurance, coaching qualifications so we always try and keep the cost as low as we can. To keep costs a low as we can we always try and get our entries in for the early bird prices which means we have to collect these costs as early as possible to meet the event providers payment deadlines.

As part of the competition squad you will need to pay for Training, competition entry, insurance, a uniform/shoes along with other cost which cover music production, choreography, training camps. You will also need to purchase spectator tickets and competition expenses like travel and hotel costs. Due to the distance of the competitions from us we do recommend provisionally booking hotels for the competitions as they can start as early at 7.30am and finish late. Please take this it account when considering if you want to be part of our competition squad.

We will always try and accommodate anyone with payment issues to enable your child to compete, all we ask is for you to let us know before you miss a payment and we can try and sort out a payment plan





COMPETITION'S

As Cheerleading is a **team sport**, it requires commitment from every single one of our members, but also from our parents.

Every member is an important part of the team and it is very difficult to train as a full team if people are missing from training, we can not replace someone in a stunt if the flyer or base is missing from training. It is even harder to replace member half way through the season if you decide to leave, you will be letting the rest of you team down, which results in having to re-choreograph the whole routine.

Therefore anyone who signs up for a team is expected to be a part of that team for the whole season, if you do leave during the season it could mean, the remaining team, may not be able to compete for the rest of the season, so please ensure that you are able to commit 100% to your team before signing up for the year.

If you leave part way through the season you will be liable for any competitions fees/spectator tickets which have already been submitted and will not be refundable.

Our Competition squads will all train for 1- 2 hours per week, and all squad members are expected to attend **all** sessions. Should you need to miss a session due to illness, school event, or family issue you must advise the club as soon as possible, please do not to leave it to the day of training unless it is a sudden illness. Attending a birthday party is not an excuse, we have to attend training for our birthdays. If you are not able to commit to all 3 competitions we will not be able to offer you a place on the team.

This season we are introducing a team parent and cheer captain for each squad, who will be your go to regarding any questions regarding competitions etc, this will help you to get a quick answer as coaches are not always available during session and due to other work commitments.

PLEASE MAKE SURE YOU READ AND UNDERSTAND THE CLUBS RULES REGARDING ATTENDANCE BEFORE AGREEING TO BE PART OF THE COMPETITION SQUAD



COMPETITION SCHEDULE

We are planning on entering 3 competitions this year, you must be able to commit to attend all 3 competitions to be on one of our teams.

Our mini development team may not do all of the competitions we will see how the sessions go once we start in September

Training sessions for **3 weeks prior to a Competition**, are classed as a **RED ZONE** you must attend all sessions for your team (which could be an additional session or a different day) if you miss a session during the **RED ZONE**, you will be removed from the team and WILL not compete.

COMPETITIONS	DATES AND VENUES	TICKET PRICES AND PAYMENT DEADLINES
FUTURE CHEER SPOTLIGHT SHOWDOWN	15th/16th March 2025 Essex University Colchester CO4 3SQ	Spectator Tickets must be ordered and paid for by 01/12/24 Adult- £17.00 Child) £11.00 <small>We do not yet know the schedule for the competition and will not know until 12 weeks before. Competition could be over 2 days</small>
CHEER CITY SUMMER SHOWDOWN	10th/11th May 2024 Warwick University Coventry CV4 7AL	Spectator Tickets must be ordered and paid for by 31/12/24 Session - £14.50 Weekend pass - £42.00 <small>Saturday - u14/u16/u18/open/senior elite/school/university Sunday Session - tiny/mini/youth/junior/ u6/u8/u12 (We will be competing Saturday and Sunday)</small>
CHEER CITY SOLSTICE SENSATION	15th/16th June 2025 Loughborough Uni Epinal Way LE11 3TU	Spectator Tickets must be ordered and paid for by 18/03/25 Session - £14.50 Weekend pass - £42.00 <small>Saturday - u14/u16/u18/open/senior elite/school/university Sunday Session - tiny/mini/youth/junior/ u6/u8/u12 (We will be competing Saturday and Sunday)</small>



TRAINING SESSIONS

Training Sessions - Training sessions are important to attend as Allstar Cheerleading is a team sport, if one person is missing we can not practise that particular part of the routine, so if you are missing from your stunt group the rest of the stunt group can not practise, so if someone different is missing each week we can not practise the whole routine.

Training Kit - Please make sure you arrive on time with the correct attire. **All competition squad members must wear the club training kit** to ALL of your training sessions, this kit should be ordered and paid for when you are offered your place on the squad and will be given out to you on your first training session, when we return in September.

Hair and Jewellery - All Athletes must make sure their hair is tied back for training and all of your jewellery is removed, as per our rules jewellery can be dangerous so must be removed, if it is a new piercing it can be covered with tape while it is healing, once it is has healed you must removed all jewellery for training.

Phones - Once you enter your training session we will not allow any athletes to use their phones during the session. There is not need for anyone to be checking their snapchat or messages during their training. Should you need to contact your child due to an emergency please message the club as one of the coaches will be able to check this during the session.

Competition Uniforms and Shoes - We will be having new uniforms this season so will require everyone to complete and return their measurements. A information sheet is attached to the team acceptance form which you must return before returning to your new team

Behaviour - We expect everyone to work hard and put in 100% during their training sessions, any poor behaviour will not be accepted and you could be asked to either sit out or leave the session. We will not tolerate any backchat either to other athletes or to coached. If



TRAINING SESSIONS

Training for next session will run as follows:-

Each Team will only train 1 night a week, mini will have 1 hour and youth and Senior/u16 will have a full 2 hour session rather than a separate tumbling sessions. During these 2 hours we will work on all aspects of the routine including strength and conditioning, tumbling and stunting skills required for the routine. We may ask you to come in for an extra session to work on certain areas of the routine in smaller groups at a separate time to your normal training day

Monday - 5.00pm- 6.00pm - Astronauts Tiny Development Team

5.00pm- 7.00pm - Lunar Under 12

7.00pm - 8.00pm - Cheer for fun 12 plus

Tuesday - 5.00pm-6.00pm - Cheer for Fun 5 or full time school -11 years

6.00pm- 8.00pm - Apollo Under 17

Both Youth and Senior will be expected to attend a training day to work on skills required for the routine, this will be over October half term, a £5 deposit will be required from all members to confirm their attendance, the date and time will be confirmed asap

What we expect from your training session

We expect all team members to attend all of their training sessions arrive on time ready to start and give 100% effort.

All members must attend their training session in the correct training uniform, team t-shirt, club shorts with hair tied up and all jewellery removed. Club crop tops/leggings can be worn but are optional.

Please make sure you complete your order form for your club t-shirt/shorts/crop top so we can give these out at the start of the season. The order form can be found on your team acceptance form you return confirming your place on your team, other club kit can be ordered from the club shop on your coach's account



FEES AND PAYMENTS

Fees which need to be paid for ALL competition squad members will be as follows:-

Membership
Training Fees
Competition Entry Fees
Spectator Ticket Fees
Uniform

You will also need to purchase cheer shoes if you don't already have them

Fees for 2024/2025 will be as follows:-

MEMBERSHIP FOR ALL COMPETITION SQUADS - £50
(this covers insurance, training t-shirt/shorts/music)

ASTRONAUTS TRAINING - £25

LUNAR UNDER 12 - £30

APOLLO UNDER 17 - £30

COMPETITION ENTRY FEES:- £23
(split over 4 months October to January)

We will also offer a 10% discount off training fees for siblings competing - if you are eligible for a discount you will receive an email confirming your fees



FEES AND PAYMENTS

Membership

Everyone who joins the club will be asked to pay an annual membership fee, This fee includes cost your insurance, music and licensing fees, along with your new competition training T-shirt and shorts for every member -

All Star Competition - £50 due by 1st September

Training Fees

All Training Fees are to be paid
monthly over 11 months

These must be paid via your
coacha account using either
GoCardless or Stripe

(payments will be taken from your
account on 1st of each month
(September - July)

Competition Entry Fees

These fees will now be set
up for a separate payment
spread out over 4 months.

These payment will be
taken of the 28th of each
month from October -
January

Spectator tickets

You will also have to be purchased for each competition, the costs vary depending on the Event producer from £10-£40. These must be ordered and paid for by the set date as advised. If we do not receive your ticket request and payments by the set date, we will not order you tickets and your could have to pay full on door price or miss out on purchasing as tickets do sell out early

Uniforms Costs

We will be having a new uniform this season and the cost for this will be between £80-£100 depending the final design and the team you are on. A deposit of £50 must be made by 30th

September 2024 remaining balance by 28th February 2025

Cheer Shoes

You can purchase cheer shoes from various places online, just put cheer shoes in your search engine. All we ask is they are white and have a full sole.
If you aren't sure please ask



SETTING UP YOUR MEMBERSHIP AND PAYMENTS

Coacha

All members of SS Stars are required to have a COACHA account and we recommend you use the an internet browser to log in rather than the coacha app so you can access more information regarding your details, payments, the club shop, the clubs notice board for important information, book onto open sessions and inform us of any absences, as we don't always see What's App messages and Coacha automatically update the class register

Please make sure you keep your contact details are up to date.

Make sure you log into you account regularly to check for messages, emails sent and that your payments are being collected.

Payments and Memberships

Your payments will be taken via your Coacha account and all payments will be collected via GO CARDLESS or STRIPE. A subscription will be set up for your regular monthly fees which we run over 11 months. You can check the payments you have made by logging into your Coacha account and all requests for payments required through season, will be sent to you via a coacha payment link.

Club Shop

Don't forget you can order various items through our club shop, including, Crop Top, Shorts, T-shirts, Sweatshirts, Jackets, Stanley style cups and this is where you will be able to order your spectator tickets



IMPORTANT DATES FOR YOUR DIARY

15 August 2024 - Team accepted must of been accepted and returned along with your uniform size measurements

1 Sept 2024 - **Competition Membership must be paid in full by all members**

4/5 Sept 2024 - Return to Cheer, for competition squads

11/12 Sept 2024 - Cheer for fun classes restart this week

30 Sept 2024 - deposit for uniform Paid

30 Sept/1 Oct 2024 - NO TRAINING FOR ANY TEAMS

28/29 Oct 2024 - Half Term Training Camp (to be confirmed) , if no camp training session will run as normal for all competition teams

1 Dec 2024 - Last day to order Spectator Tickets for Future Cheer Spotlight Showdown

16/17 Dec 2024 - Last Training session before Christmas ALL Teams

31 Dec 2024 - Last day to order Spectator tickets for Cheer City Summer Showdown

6/7 Jan 2025 - Return to Cheer

31 Jan 2025 - All competition fees must be paid in full if you have not set up monthly payments

17/18 Feb 2025 - Half Term training sessions as normal for competition teams

28 Feb 2025 - Final Uniform payment

24/25 Feb 2025 - Compulsory Training - **RED ZONE**

3/4 Mar 2025 - Compulsory Training - **RED ZONE**

10/11 Mar 2025 - Compulsory Training - **RED ZONE**

15/16 Mar 2025 - **FUTURE CHEER - SPOTLIGHT SHOWDOWN COLCHESTER**

18 Mar 2025 - Last day to order Spectator Tickets for Cheer City Solstice Sensation

7/8 Apr 2025 - Easter Holiday normal training this week for competition teams

14/15 April 2025 - Compulsory Training - **RED ZONE**

21 April 2025 - Easter Monday NO TRAINING (Competition teams may be asked in on Tuesday)

22 April 2025 - Compulsory Training - **RED ZONE**

28/29 April 2025 - Compulsory Training - **RED ZONE**

5 May 2025 - Bank holiday NO TRAINING

6 May 2025 - Compulsory Training (All teams due to Bank Holiday)

10/11 May 2024 - **CHEER CITY- SUMMER SHOWDOWN WARWICK UNI**

19 May 2025 - Compulsory Training for Monday Teams due to Bank Holiday next week

26 May 2025 - Bank Holiday NO TRAINING

27 May 2025 - Compulsory Training (All teams due to Bank Holiday) - **RED ZONE**

2/3 June 2025 Compulsory Training - **RED ZONE**

9/10 June 2025 - Compulsory Training - **RED ZONE**

14/15 June 2025 - **CHEER CITY - SOLSTICE SENSATION LOUGHBOROUGH UNI**

28/29 July 2025 - End of Season



HOW TO CONTACT US

We are available on:-

07561742891/ ssstars@hotmail.co.uk

LIKE our Facebook page

www.facebook.com/ssstarscheerleadingclub/

FOLLOW our Instagram Page

www.instagram.com/ss.stars.cheerleader_s/

VISIT our website

www.ssstarscheerleading.com

We hope this leaflet contains all the information you need to be part of
SS Stars family for new season.

If you need any further information or questions please contact us.