

2018-2019 INFORMATION PACK

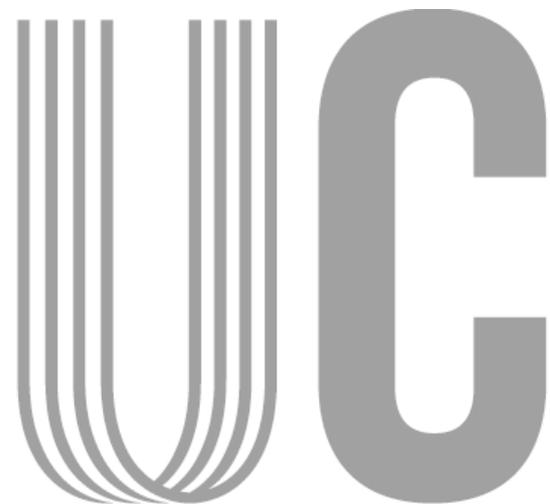
Hello

ULTIMATE



HELLO AND WELCOME TO THE FIRST SEASON OF ULTIMATE CHEER! WE ARE AN ALLSTAR CHEERLEADING TEAM BASED IN CENTRAL LONDON. OUR PROGRAMME IS FOUNDED ON CREATING A WELCOMING, SUPPORTIVE ENVIRONMENT, HELPING EVERY ATHLETE BECOME THE BEST THEY CAN BE. WE ARE MORE THAN JUST A SPORTS TEAM, ULTIMATE CHEER IS A FAMILY AND IS COMMITTED TO HELPING ATHLETES GAIN SKILLS BOTH ON THE CHEER MAT AND IN LIFE!

CHEERLEADING TEACHES SO MUCH MORE THAN HOW STUNT OR FLIP! HERE AT ULTIMATE CHEER WE HAVE A STRONG EMPHASIS ON BUILDING CONFIDENCE, RESPONSIBILITY, LEADERSHIP AND TEAMWORKING SKILLS. WE FOCUS ON DEVELOPING WELL-ROUNDED ATHLETES, WHO CARRY THE LESSONS THEY'VE LEARNT FROM CHEER THROUGHOUT THE REST OF THEIR LIVES. BEING PART OF A CHEER TEAM IS A BOND LIKE NO OTHER, ATHLETES WILL MAKE FRIENDSHIPS THAT WILL LAST A LIFETIME!



Info

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WE HAVE TEAMS FOR BOTH MALE AND FEMALE ATHLETES AGES 3 TO ADULT

UC
SEASON STARTS
SEPTEMBER 2018 AND RUNS
UNTIL JUNE 2019

- ULTIMATE CHEER FOLLOWS USASF/IASF LEVELS & RULES
- ATHLETES ARE EXPECTED TO ATTEND ALL TRAINING SESSIONS
- ULTIMATE CHEER ATHLETES ARE NOT ALLOWED TO TRAIN OR COMPETE WITH OTHER CHEERLEADING TEAMS (EXCEPTION: SCHOOL AND UNIVERSITY TEAMS - PLEASE LET US KNOW IF YOU ARE ON A SCHOOL/UNIVERSITY TEAM)

Coaching Philosophy

AT ULTIMATE CHEER OUR COACHING PHILOSOPHY FOCUSES ON BUILDING STRONG, WELL-ROUNDED ATHLETES. PROPER SKILL DEVELOPMENT BEFORE PROGRESSION IS AT THE CORE OF OUR PROGRAMME. WE PROVIDE ATHLETES WITH DRILLS AND EXPERIENCED, ACCOMPLISHED COACHES TO HELP ENSURE THEY DEVELOP SKILLS WITH EXCELLENT TECHNIQUE. THIS FOCUS ON TECHNIQUE PROVIDES ATHLETES WITH THE FUNDAMENTALS WHICH CAN BE DEVELOPED TO THE HIGHEST LEVEL OF CHEERLEADING.

Classes

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ULTIMATE CHEER AIMS TO OFFER TEAMS TO SUIT ALL AGES AND ABILITIES. PLEASE NOTE, ATHLETE AGE IS THAT OF AUGUST 31ST 2018. OUR TEAMS ARE AS FOLLOWS:

TEAM AGE RANGE SHOWCASE/COMPETITIONS SKILLS COVERED

TINY

3-6 YRS

END OF YEAR SHOWCASE
PERFORMANCE

THIS CLASS WILL COVER THE FUNDAMENTALS OF CHEER. ATHLETES WILL WORK TOWARDS THEIR WHITE, RED & BLACK AWARDS AS WELL AS AN END-OF-SEASON SHOWCASE PERFORMANCE

JUNIOR

7+ YRS

END OF YEAR SHOWCASE
PERFORMANCE

THIS CLASS WILL COVER THE FUNDAMENTALS OF CHEER. ATHLETES WILL WORK TOWARDS THEIR WHITE, RED & BLACK AWARDS AS WELL AS AN END-OF-SEASON SHOWCASE PERFORMANCE

ADULT

18+/POST
UNIVERSITY

END OF YEAR SHOWCASE &
POSSIBILITY OF COMPETING

ATHLETES WILL BUILD ON SKILLS PREVIOUSLY LEARNT WITH AN AIM TO LEVEL UP. THERE WILL ALSO BE SOCIAL EVENTS AFTER TRAINING

*AS THIS IS OUR FIRST SEASON, ALL TEAMS ARE SUBJECT TO CHANGE

Training

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TEAM

TRAINING DAY

TRAINING TIME

TINY

WEDNESDAY

6 - 7 PM

JUNIOR

MONDAY

6 - 7.30 PM

ADULT

MONDAY

7.30 - 9 PM

TRAINING KIT (T-SHIRT, SHORTS AND BOW - INCLUDED IN MEMBERSHIP FEE) MUST BE WORN TO ALL TRAINING SESSIONS

Training

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Location

ULTIMATE CHEER IS CONVENIENTLY LOCATED IN CLAPHAM JUNCTION, LONDON - JUST A SHORT WALK FROM CLAPHAM JUNCTION TRAIN STATION.

ARK BOLINGBROKE ACADEMY

WAKEHURST RD,

LONDON,

SW11 6BF

ATTENDANCE POLICY

CHEERLEADING IS A DEMANDING SPORT AND THEREFORE COMMITMENT IS HIGHLY IMPORTANT. AS A TEAM SPORT, EVEN ONE ATHLETE MISSING CAN GREATLY IMPACT A TRAINING SESSION. THEREFORE, EVERY ATHLETE MUST ATTEND ALL TRAINING SESSIONS. WE DO NOT MEAN THIS TO SCARE YOU OFF! WE JUST WANT TO ENSURE ATHLETES UNDERSTAND THEIR COMMITMENT TO THE TEAM.

Contact Information:

TASMIN STEER - PROGRAMME DIRECTOR & HEAD COACH

EMAIL: HELLO@ULTIMATE-CHEER.CO.UK

MOBILE: 07584199017



*The
Season*

ULTIMATE

Season Structure

TINY/JNR

- ATHLETES ARE ENCOURAGED TO COME TO THE FREE TASTER SESSION AT THE START OF SEPTEMBER.
- FOLLOWING THIS, THEY WILL BE PLACED INTO AN APPROPRIATE TEAM BASED ON AGE*
- DURING THEIR WEEKLY SESSIONS ATHLETES WILL WORK TOWARDS THE RELEVANT CLASS AWARD
- AT THE END OF THE SEASON, ATHLETES THAT HAVE COMPLETED THE NECESSARY AWARDS WILL BE INVITED TO TRYOUT FOR A COMPETITION SQUAD FOR THE 2019-2020 SEASON

ADULT

- ATHLETES WILL ATTEND A WEEKLY TRAINING SESSION IN WHICH THEY WILL WORK SKILLS THEY LEARNT AT UNIVERSITY, AS WELL AS PROGRESSING BEYOND
- ATHLETES INTERESTED IN COMPETING CAN REGISTER THEIR INTEREST DURING THE FIRST SESSION
- IF COMPETING, ATHLETES WILL BE COACHED IN LEARNING NEW SKILLS AS WELL AS BEING TAUGHT A CHOREOGRAPHED ROUTINE
- THE POST-UNIVERSITY TEAM OFFERS SOCIALS AFTER TRAINING!

• *TEAM PLACEMENT IS AT THE COACH'S DISCRETION

Our Awards

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OUR AWARDS ARE AIMED AT THOSE NEW TO CHEERLEADING; THEY ALLOW ATHLETES TO LEARN THE FUNDAMENTALS OF CHEERLEADING. EACH TRAINING SESSION WILL FOCUS ON TEACHING ATHLETES DRILLS TO HELP THEM ACHIEVE NEW SKILLS AND ADVANCE THEM THROUGH THE PROGRAM. ON COMPLETION OF THE RELEVANT QUALIFICATIONS ATHLETES WILL HAVE REACHED THE STANDARD REQUIRED IN ORDER TO PERFORM AN ALLSTAR CHEERLEADING ROUTINE.



THE WHITE AWARD IS OUR INTRODUCTORY LEVEL. THIS WILL COVER THE BASICS OF CHEER INCLUDING STUNTS, JUMPS & TUMBLES

*White
Award*

*Red
Award*



ONCE ATHLETES HAVE COMPLETED THEIR WHITE AWARD ATHLETES CAN WORK TOWARDS MORE ADVANCED SKILLS IN THEIR THEIR RED AWARD



THE BLACK AWARD IS THE MOST ADVANCED AWARD. THIS IS A GREAT STEPPING STONE TO ATTENDING CHEERLEADING COMPETITIONS

*Black
Award*

Dates

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TERM DATES

TERM 1

TERM STARTS:

SEPTEMBER 17TH

TERM ENDS:

DECEMBER 20TH

TERM 2

TERM STARTS:

JANUARY 7TH

HALF TERM HOLIDAY:

FEB 18TH-22ND

TERM ENDS:

APRIL 16TH

TERM 3

TERM STARTS:

APRIL 24TH

HALF TERM HOLIDAY:

MAY 27TH - 31ST

THE ADULT CLASS HAS TRAINING IN HALF TERM (MONDAY MAY 27TH 7.30-9PM)

TRAINING ENDS:

JUNE 27TH

*DATES ARE SUBJECT TO CHANGE

SHOWCASE DATE: SATURDAY JUNE 22ND 5.30-8.30PM

Costs

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ALLSTAR CHEERLEADING, ALTHOUGH NOT AS EXPENSIVE AS MANY SPORTS, CAN BE COSTLY. AT ULTIMATE CHEER WE TRY TO KEEP COSTS TO A MINIMUM, WHILE ALSO ENSURING OUR ATHLETES RECEIVE THE BEST TRAINING OPPORTUNITIES. WE EXPECT ALL FEES TO BE PAID ON TIME. IF FEES ARE NOT PAID ON TIME, ATHLETES RISK BEING REMOVED FROM THE PROGRAMME. ALL FEES ARE NON-REFUNDABLE.

MEMBERSHIP FEE (ALL ATHLETES)

£50

YOUR MEMBERSHIP FEE COVERS: TRAINING T-SHIRT, SHORTS, BOW, MUSIC & ADMINISTRATION.
TRAINING T-SHIRT, SHORTS AND BOW MUST BE WORN TO ALL TRAINING SESSIONS.

TEAM

TERM 1

TERM 2

TERM 3

TINY

£91

£91

£52

JUNIOR

£137

£137

£78

ADULT

£137

£137

£78

How to Pay

PLEASE PUT THE ATHLETES
NAME AS A REFERENCE ON
ALL BANK TRANSFERS

PAYMENTS CAN BE MADE IN CASH OR TO:

NAME: TASMIN STEER

SORT CODE: 08-91-01

ACCOUNT NUMBER: 02007153

ATHLETES MUST ALSO PURCHASE CHEER SHOES (ROUGHLY £25-72). WE CAN RECOMMEND BRANDS AND WHERE TO PURCHASE.

PAYMENT SECURES YOUR PLACE IN THE CLASS.

TRAINING FEES ARE TO BE PAID BY THE FIRST TRAINING SESSION OF EACH TERM

UC

