



Charlton Rocks

CHEERLEADING ACADEMY

2024 - 2025 SEASON INFORMATION PACK

Welcome to Charlton Rocks Cheerleading Academy!
Thank you for your interest in joining us for the 2024-2025 season.

Please read this season information pack carefully before committing to the club.

CharltonRocksCheer@Gmail.com

www.CharltonRocksCheer.co.uk

Salto Centre, Off Charlton Rd, Charlton, Andover, Hampshire, SP10 4AJ



OUR AIM

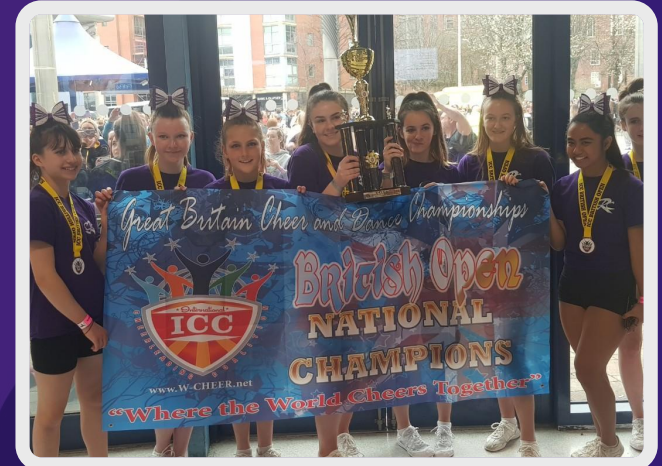
Our aim is to encourage young people to engage in regular physical activity and to help teach valuable skills such as: self-confidence, respect, trust, discipline, sportsmanship, teamwork, resilience, leadership, commitment, and good communication to name a few. These are all essential life skills we hope our members can learn whilst with us and continue to use throughout their futures. We aim to be much more than just a club, but a family where all our members feel safe and supported.

We provide All-star cheerleading classes for participants aged 4 years upwards and cater for everyone regardless of gender, ability or previous experience. Whether you would like a low commitment team just for fun or the opportunity to compete, we have a class for you!

Our goal is to provide high quality training on the doorsteps of Andover (and the surrounding area) residents. We do not believe athlete should have to travel miles to larger clubs for the opportunity of success.

Based in the Salto Centre, we have access to a fully equipped gym with: Full 9 Panel Sprung Floor, 2 Sunken Trampolines, 2 Raised Trampolines, 2 Tumble Tracks, 1 Fast Track, Spotting rigs and Foam Pit. Gym facilities really do not get much better than this!

Our excellent coaching team are BGU or British Gymnastics qualified with years of experience in gymnastics and/or cheerleading with Regional, European and Worldwide success. Our coaches are ready to provide specialist training to all members to develop their skills and achieve their goals.



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TRAINING WE PROVIDE

At Charlton Rocks Cheer we provide All-Star Cheerleading training. This involves athletes working together in groups to create routines filled with: Stunts (lifting, throwing and catching each other), Tumbling (Individual skills such as Cartwheels, Handsprings & Somersaults), Jumps and Dance. This is much different to the tradition cheerleading with Pom Poms that most people think of. Cheerleading has evolved as a sport and although the Pom Pom style of cheer is still around, we do not offer this.

We offer 2 types of training:

- 1) Competitive Teams
- 2) Non-Competitive Classes (Cheer 4 Fun)

Competitive Cheerleading

This is for athletes who would like the opportunity to perform in competitions around England and internationally. All athletes must Tryout to be considered for our competitive teams. Placements are not guaranteed and are dependent on age, ability and attitude during team training. Our competitive teams require a high level of commitment. As a club we will only compete members who are age 5 years upwards. Please see tryout pack for more info.

Cheer 4 Fun also known as C4F (Non-Competitive Class)

These classes are for anyone who would like to learn cheer. C4F is perfect for anyone who would prefer a low commitment class or for members needing to develop their skills for a competitive team placement. Our C4F classes start from Age 4yrs Upwards and are for all genders. Everyone is welcome to join Cheer 4 Fun from complete beginners to advanced. Please email us to book a C4F taster class.



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OUR CLASSES

Competitive Team Training

Competitive Team Classes focus on building muscle memory and confidence through practicing routine sections such as: Jumps, Dance, Tumbles (timing of existing skills) and Stunting on our Full 9 panel sprung floor. Tryouts are required to join our competition teams.

Competitive athletes work extremely hard to learn and perfect high intensity routines filled with the above components which they perform at competitions.

Learning to Stunt safely and correctly takes a considerable amount of time because of its complex nature. Some stunts such a pyramids involved every team member working together at once, therefore it can be challenging and time consuming to learn. For this reason, we do not spend time learning new tumble skills during our Team Sessions. Instead, athletes attend a tumble training class each week.

Cheer 4 Fun Classes

C4F Classes include: Games, Team Bonding Exercises, Conditioning (body strengthening exercises), Jumps, Stunts, Dance, Flexibility and some Tumbles however tumble is limited due to us having a separate tumble class.

These classes focus on slowly and safely developing cheerleading skills while making new friendships and building confidence in a fun and relaxed environment. Please email to book a C4F Taster Class.



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OUR CLASSES

Tumble Class (Saturday)

For athletes Age 5yrs Upwards. Tumble skills are an individual part of cheerleading. Our Tumble sessions focusing on developing each athletes' individual tumble skills needed for their competition team routines & future seasons. Athletes have full access to all equipment in the gym, which allows our athletes the best opportunity to maintain and continually develop their tumble skill in a safe environment and to the highest standards.

Tumble classes are split by athlete ability and athletes will move up or down classes depending on their skill progress.

Stunt Class

For all athletes Age 5yrs Upwards. This class give athletes the opportunity to improve and develop their stunting skills ready for future seasons. This class will cover all stunt positions including basing, flying and backing and focus on, improving athlete stunt technique, strength, flexibility and body control.

Trampoline Class

For all athletes Age 5yrs Upwards. These classes are for CRC Members to work on airborne flyer and tumble skills. Developing excellent body control and awareness during airborne skills is highly important in many aspects of cheer which these classes will help to develop.



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24-25 COMPETITION TEAM TRYOUTS

Anyone who is Age 5yrs Upwards and would like the opportunity to join our competitive teams must attend Tryouts. This include non-club members as well as returning CRC member.

Our coaches will evaluate each athletes' skills during Tryouts and based on an athletes age and ability, they may be offered a 24-25 competitive placement.

Team placements are not guaranteed. If an athlete is not offered a competitive placement, they will be offered a C4F placement to develop the skills they require as an alternative.

We will hold 24-25 Competitive Team Tryouts on Thursday 1st August and Friday 2nd August 2024.

Tryout dates will be split by age to assess individual skills. Please read our tryout pack for full information.

Tryouts results will be communicated to you via email by end of day on Saturday 3rd August 2024.

Please go to our website to read our 24-25 Competition Team Tryout Information Pack for full tryout details and to book your Tryouts!

Team Training will begin Monday 5th August 2024 with Team Bonding Week and Summer training, however the New 24-25 Season & Full Training Fees will begin 1st September 2024.



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NEW 2025 TRAVEL TEAM

With the success of our first ever 2024 Travel Team to Fc Barcelona, Spain who return home international division champions we are excited to announce we will be create a new 2025 travel team to compete at FC Ireland in Dublin on the 18th January 2025.

Trip Details

- The trip will be From Friday 17th January to Sunday 19th January 2025. With the athletes competing Saturday 18th.
- We expect the cost to be £350- £400 per person including: Flights, Accommodation, Comp entry, Meals and transport. Once we have done tryouts and know how many athletes are on the team we will be able to give a more specific price. We will also be fundraising to reduce athletes costs further.
- Athletes under 12yrs old will be required to be accompanied by a parent/ guardian. Athletes 12yrs and over may attend with a designated CRC chaperone.

Commitment

- Team Training for this team is likely to be 2hrs on a Monday evening (tbc after tryouts) Athlete will also be required to attend a Saturday tumble class. If you are unable to attend Saturday tumble due to training with another cheer club please let us know as we may be able to accommodate to this. Athletes may also have additional weekend training camps in November 2023.
- Athletes selected for this team will be required to attend all training sessions with a stricted 3 strike absence rule. Athletes will be required to attend 1 warm up competition on 7th-8th December 2024 (FC Winter Wonderland, Colchester) as well as our CRC Winter showcase Sat 1st Feb 2025. Athletes will also be expected to attend/participate in fundraising activities to benefit from fundraising money raised.



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TRAVEL TEAM TRYOUTS / TRAINING



Tryout Information

- Anyone who is Age 8yrs Upwards and would like the opportunity to join our 2024 Travel teams should attend Travel Team Tryouts on Friday 2nd August 2024 at 11:30-1pm. This is open to Non-members, CRC Non-competitive members and returning CRC competitive members. Team placements are not guaranteed however we may offer reserve placements in the event an athlete can no longer commit to the team.
- Currently we do not have a set age group or level for this team as we will decide this after tryouts based on the age and ability of the athletes offered a team placement.

Training fees (Including Team class & Tumble Class)

- 12th & 26th August 2024 and 9th & 23rd September 2024 (Team Training every 2 weeks/ Tumble every week): £35 if this is your only team / £15 If you crossover to another CRC competition team.
- October 2024, November 2024, December 2024, and January 2025 (Training every week): £70 if this is your only team / £30 if you crossover to another CRC competition team.
- After our Winter Showcase this team will disband, if wishing to continue on a competitive team after this please also attend the general age group tryout for the opportunity to be placed on a team for the full 24-25 season.



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HOW TO JOIN US

Please read this information pack fully before considering a club placement.

Cheer 4 Fun (Recreational Cheer Classes):

If you would like to start a cheer 4 fun recreational class (non-competitive) please email us to check class availability and to book a free taster session.

Competition Team:

All athletes are required to attend Competition Team Tryouts at the start of the 24-25 Season held on Thursday 1st and Friday 2nd August 2024. From tryouts athletes may be offered a competition team placement depending on their age and ability.

If you miss our tryouts and would like the opportunity to join a competition team please contact us by email. Depending on availability/ athlete ability we may add athletes to teams throughout the season.



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2024 SUMMER CLASS TIMETABLE

Competitive Member Training

Minimum of 2 times per week: 1 Team Class and 1 Tumble Class. (Both classes are compulsory)

Cheer 4 Fun Member Training

No C4F Classes over summer holiday however you are welcome to attending stunt class, trampoline class and tumble class. This must be booked via our website. **(From Age 5+)**

Any athlete wishing to develop skills further are encouraged to attend the additional weekly tumble, stunt or trampoline classes. This must be booked via our website.

THIS TIMETABLE IS TENTATIVE AND SUBJECT TO CHANGE AFTER TRYOUTS.

CRC Summer Classes - 5th August to 30th August 2024

Day	Time	Class	Type	Division/Age
Monday	5:00-6:00pm	Stunt Class	Recreational	Age 5yrs upwards
Monday	6:00-8:00pm	Travel Team	Competition	Tbc
Wednesday	4:30-5:30pm	Trampoline Class	Recreational	Age 5yrs upwards
Wednesday	5:30-7:00pm	Slate /Flint	Competition	Tbc
Wednesday	7:00-9:00pm	Lanite/ Hendrix	Competition	Tbc
Saturday	9:00-10:00am	Tumble Bronze	Rec/Comp	Age 5-8yrs / Comp Athletes
Saturday	10:00-11:30am	Tumble Silver	Rec/Comp	Age 9yrs / Comp Athletes
Saturday	11:30-1:00pm	Tumble Gold	Rec/Comp	Age 9yrs / Comp Athletes

Tentative until after tryouts. No C4F Classes during the summer holiday however anyone 5yrs upwards is welcome to book into the stunt class, trampoline class or tumble class via our website. Additionally classes may be added throughout the school holidays, this will be communicated via our club app and social media.

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24-25 CLASS TIMETABLE

Competitive Member Training

Minimum of 2 times per week: 1 Team Class and 1 Tumble Class. (Both classes are compulsory) with the option of attending stunt class, trampoline class.

(From Age 5+)

Cheer 4 Fun Member Training

Minimum of 1 time per week (C4F Class) with the option of attending stunt class, trampoline class and tumble class.

(From Age 5+)

Any athlete wishing to develop skills further are encouraged to attend the additional weekly tumble, stunt or trampoline classes. This must be booked via our website.

THIS TIMETABLE IS TENTATIVE AND SUBJECT TO CHANGE AFTER TRYOUTS.

Training Classes - 1st September 2024 to July 2025

Day	Time	Class	Type	Division/Age
Monday	5:00-6:00pm	Stunt Class	Recreational	Age 5yrs upwards
Monday	6:00-8:00pm	Travel Team	Competition	Tbc
Wednesday	5:30-7:00pm	Slate	Competition	Tbc
Wednesday	7:00-9:00pm	Lanite	Competition	Tbc
Friday	3:45-4:30pm	C4F Tinies	Recreational	School YrR & Yr1
Friday	4:30-5:30pm	C4F Youth	Recreational	School Yr2, Yr3, Yr4 & Yr5
Friday	5:30-7:00pm	C4F Juniors/ Seniors	Recreational	School Yr6 upwards
Friday	5:30-7:00pm	Flint	Competition	Tbc
Friday	7:00-9:00pm	Hendrix	Competition	Tbc
Saturday	9:00-10:00am	Tumble Bronze	Rec/Comp	Age 5-8yrs / Comp Athletes
Saturday	10:00-11:30am	Tumble Silver	Rec/Comp	Age 9yrs / Comp Athletes
Saturday	11:30-1:00pm	Tumble Gold	Rec/Comp	Age 9yrs / Comp Athletes

Tentative until after tryouts. Additionally classes may be added throughout the season, this will be communicated via our club app and social media.

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24-25 EVENTS (PLEASE KEEP THESE DATES FREE)

***COMPETITIVE ATHLETES MUST NOT MISS ANY OF THE DATES BELOW AND NOT MISS ANY TRAINING IN THE 4 WEEKS BEFORE ANY COMPETITION.**

All dates provisional planned and are subject to change after Tryouts. Times & Teams attending to be confirmed closer to each event/competition.

Choreo Camps:

This is extra training for competition teams to clean up routines and make sure all teams are as confident as possible. Choreo Camp fees will be invoiced in the month the camp is held

Competition Costs:

Athlete Competition Entry Fees will be due in 2 bulk instalments so the coaches can register teams as early as possible without chasing late payments. All competition fees are non-refundable

- Installment 1 (Due September 2024): Covers Athlete Entry For:: FC Winter Wonderland / Fc Ireland/ Legacy Dream Extreme
- Installment 2 (Due November 2024): Covers Athlete Entry For: BCA Nationals FC Internationals / ICC British Open pt 2
- Spectator Ticket requirements and payments will be due separately, which will be communicated once event prices are released.

CRC 24-25 EVENTS

All Competition athletes must be available to attend the below dates

Date	Event	Location/ Time	Cost
Thur 1st Aug 24	Tryouts - 24/25 Comp Teams	CRC (Times in Tryout Pack)	See Tryout Pack
Fri 2nd Aug 24	Tryouts - 24/25 Comp Teams	CRC (Times in Tryout Pack)	See Tryout Pack
Sat 3rd Aug 24	24/25 Team Placement Reveal	CRC / Email	N/A
Sat 5th/ Sun 6th Oct 24	Choreo Camp	CRC (2-6pm)	£20 per athlete
Sat 23rd / Sun 24th Nov 24	Choreo Camp	CRC (2-6pm)	£20 per athlete
Sat 7th / Sun 8th Dec 24	FC Winter Wonderland Competition	Colchester	£40 per athlete (approx.)
Sat 4th / Sun 5th Jan 25	Choreo Camp	CRC (2-6pm)	£20 per athlete
Sat 18th Jan 25	Fc Ireland Competition	Ireland Fri 17th - Sun 19th	£43 per athlete (approx.)
Sat 1st Feb 25	CRC Winter Showcase	CRC (9-1pm)	£10 For Spectators
Sat 15th / Sun 16th Mar 25	Choreo Camp	CRC (2-6pm)	£20 per athlete
Sat 29th/ 30th Mar 25	Legacy Dream Extreme Competition	Birmingham	£48 per athlete (approx.)
Sat 10th / Sun 11th May 25	Choreo Camp	CRC (2-6pm)	£20 per athlete
Sat 24th/Sun 25th May 25	Bca National Competition	Telford	£46 per athlete (approx.)
Sat 7th Jun 25	CRC Summer Showcase	CRC (9-1pm)	£10 For Spectators
Sat 7th / Sun 8th June 25	Choreo Camp	CRC (2-6pm)	£20 per athlete
Sat 20th / Sun 22nd Jun 25	Fc Internationals Competition	Bournemouth	£49 per athlete (approx.)
Sun 29th Jun 25	ICC British Open pt2 Competition	Nottingham	£45 per athlete (approx.)

Competition Athletes Entry - Prices are approximated based on 23-24 season prices as we are awaiting the 24-25 prices to be released. Prices are subject to change.

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24-25 OPEN GYM / CLASS ADJUSTMENTS

All dates provisional planned and are subject to change.

Open Gym Sessions

Additional classes will be provided as open gyms sessions (free of charge) to CRC competition athletes to cover any lost session during the 24-25 season.

For C4F Members or Non Members members open gyms are £10 per person and must be book and paid for via our website.

Class Training Adjustments - (Competition Teams who train on Friday)

For Flint and Hendrix additional Wednesday classes have be provided to cover any lost sessions.

24-25 CLASS ADJUSTMENTS (FLINT/ HENDRIX)		
Month	Flint	Hendrix
Wednesday 15th January 2025	5:30-7pm	7-9pm
Wednesday 12th February 2025	5:30-7pm	7-9pm
Wednesday 26th March 2025	5:30-7pm	7-9pm
Wednesday 21st May 2025	5:30-7pm	7-9pm
Wednesday 25th June 2025	5:30-7pm	7-9pm
Classes adjusted to make up for Friday closures		

Flint and Hendrix athletes must must be able to attend the adjusted training session dates so please keep these dates free.

CRC 24-25 OPEN GYM SESSIONS

Date	Time
Saturday 31st August 24	2:00pm - 3:30pm
Sunday 15th September 24	2:00pm - 3:30pm
Sunday 22nd September 24	2:00pm - 3:30pm
Saturday 28th September 24	2:00pm - 3:30pm
Saturday 26th October 24	2:00pm - 3:30pm
Saturday 2nd November 24	5:00pm - 6:30pm
Saturday 30th November 24	2:00pm - 3:30pm
Saturday 14th December 24	2:00pm - 3:30pm
Sunday 12th January 25	2:00pm - 3:30pm
Saturday 25th January 25	2:00pm - 3:30pm
Sunday 9th February 25	2:00pm - 3:30pm
Saturday 22nd February 25	2:00pm - 3:30pm
Sunday 9th March 25	2:00pm - 3:30pm
Saturday 12th April 25	2:00pm - 3:30pm
Sunday 18th May 25	2:00pm - 3:30pm
Sunday 15th June 25	2:00pm - 3:30pm
Saturday 5th July 25	2:00pm - 3:30pm

Free for CRC Competition Members
£10 for CRC C4F Members / £10 for Non Club Members



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CLUB CLOSURES & ADJUSTED FEES

Where classes are cancelled due to competitions or other events, monthly fees for C4F members will be adjusted

Competition athletes are required to pay full fees.

Monthly Training Fee Adjustments (due to class closure)

Month	C4F Tinies	C4F Youth	C4F Junior/seniors	Comp Teams	Training weeks
December 24	£33.75	£37.50	£45	Full Fees	3
January 25	£33.75	£37.50	£45	Full Fees	3
February 25	£33.75	£37.50	£45	Full Fees	3
March 25	£33.75	£37.50	£45	Full Fees	3
April 25	£33.75	£37.50	£45	Full Fees	3
May 25	£33.75	£37.50	£45	Full Fees	3
June 25	£33.75	£37.50	£45	Full Fees	3

***Full Fees due for all Competition Team members as replacement Open Gym Sessions / Wednesday Team Training sessions for Flint & Hendrix has been provided throughout the season for these athletes to attend free of charge to cover any lost sessions.

CRC 24-25 CLOSURE DATES

Monday 29th to Wednesday 31st August 2024

Saturday 19th October 2024

Saturday 7th to Sunday 8th December 2024

Tuesday 24th December 2024 to Thursday 2nd January 2025

Friday 17th to Sunday 19th January 2025

Friday 14th To Sunday 16th February 2025

Friday 28th to Sunday 30th March 2025

Saturday 5th to Sunday 6th April 2025

Saturday 19th April to Saturday 3rd May 2025 (TBC)

Friday 23rd to Sunday 25th May 2025

Saturday 31st May 2025

Saturday 20th to Sunday 22nd June 2025

Friday 27th to Sunday 29th June 2025

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CLUB FEES

Registration Fees

Our 24-25 Club Season runs from August 2024 to July 2025.

All Club Members are required to pay a Registration Fee at the start of each season/ when joining the club. This Covers: Sport Cheer England Club Membership, Club Insurance, Music, CRC T-shirt.

Monthly Training Fees

Monthly fees are payable during planned club closures. (Annual cost are calculated over 48 Weeks and spread over 12 months.)

Training fees are due at the start of each month.

Members with more than 1 child at the club will be offer a 10% sibling discount on monthly training fees.

An invoice requesting your training fee payment will be sent to you by email each month. Invoice payments are due within 7 Days of receiving. Late payments may incur a charge. Payments should be made by bank transfer.

Additionally Classes

Additional weekly classes such as Tumble Classes, Stunt Classes and Trampoline Classes are optional for Cheer 4 Fun members to attend. Stunt Class and Trampoline Class are optional for competition athletes to attend. These must be booked and paid for via our website.

24-25 Training Costs	
24-25 Registration Fee (All members)	£50
Recreational Cheer Monthly Training Cost	
C4F Tinies	£45 p/m
C4F Youth	£50 p/m
C4F Juniors & Seniors	£60 p/m
Competition Team Monthly Training Cost	
Flint & Tumble Bronze	£65 p/m
Slate & Tumble Silver/Gold	£70 p/m
Lanite & Tumble Silver/Gold	£75 p/m
Hendrix & Tumble Silver/Gold	£75 p/m
Stunt Group	£50 p/m
Crossover Fee	£ 30 p/m
Travel Team - Please see tryout pack	
Additionally Classes - Book weekly via our website	
Tumble Bronze	£10 p/w
Tumble Silver/Gold	£15 p/w
Stunt Class	£8 p/w
Trampoline Class	£8 p/w

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ATHLETE HOLIDAY POLICY

(COMPETITION ATHLETES)

PLEASE ENSURE YOU ARE FAMILIAR WITH OUR ATHLETE HOLIDAY POLICY.

For Competitive members, all known holiday dates must be communicated to and approved by the coach at the start of the season.

This is to enable coaches to plan the 24-25 training sessions accordingly. **Holiday is not to be taken 4 weeks prior to any competition dates. Any absences in the 4 weeks prior to competition, other than those approved in advance by the coach may see the athletes' position at that competition removed**

The deadline date to hand in known holiday dates is 30th September 2024. Any dates handed in after the deadline date may incur a strike.

As a club we recommend the following dates as a good holiday period with the least impact on the athletes 24-25 training schedule. During these dates we may still run training however training days/times may differ to the normal training schedule.

- Summer: 29th August 2024 – 30th August 2024
- Autumn: 28th October 2024 – 1st November 2024
- Christmas: 24th December 2024 - 2nd January 2024
- Spring: 17th February 2025 - 21st February 2025
- Easter: 7th April 2025 - 21st April 2025
- Summer: 23rd July 2025 - 2nd September 2026

IMPORTANT: The Hampshire school half term date: 26th May 2025 - 30th May 2025 is during competition prep for FC Internationals and competitive athletes will compete on 24th/25th May at BCA Nationals so please do not go on holiday.

Please communicate any issues you may have with dates as soon as possible with the team coaches. Approval of the absence is always up to the coach's discretion.

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ABSENCE POLICY

PLEASE ENSURE YOU ARE FAMILIAR WITH OUR ABSENCE POLICY.

Please know that we do not mean to scare anyone with our attendance policy. However, Cheerleading is a team sport and we have teams for differing levels of commitment.

Competitive training throughout the season is mandatory and only graded school and family emergencies are considered reason enough to miss training. Illnesses other than D&V, Fever or Covid are not reason to miss training, athletes are expected to still attend and if necessary, athletes can sit out and watch. This is so athletes do not fall behind with routine changes. Please see our strike policy for further details.

With D&V/Fever/Covid related illnesses please communicate to the Team Coach by 12pm the latest, in order for the team coach to re-plan sessions in time for training.

Please communicate any issues you may have with dates as soon as possible with the team coaches. Approval of the absence is always up to the coach's discretion. **Reminder that holiday is not to be taken 4 weeks prior to any competition dates. Any absences in the 4 weeks prior to competition, other than those approved in advance by the coach may see the athletes' position at that competition removed.**

We acknowledge that some Parents/ Guardians may live separate and for this reason athletes attending training could become an issue. We understand that every situation is different, so we ask that you speak to our coaching team to find the best solution for the athlete. This should be done at the beginning of the season before committing to your competitive team placement.

We do not run our strike policy for our non-competitive member, however if an athlete is frequently absent their place will be reviewed and may be lost.

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STRIKE POLICY (COMPETITION TEAMS)

PLEASE ENSURE YOU ARE FAMILIAR WITH OUR STRIKE POLICY.

We enforce a 3 Strike rule for Competitive Team.

If a competitive team athlete has 3 absences from Team Training Sessions for any unexcused reason (see list below) they will be removed from the competitive team starting 1st September 2024. In addition, if an athlete has 3 absences from Tumble Training sessions this will result in a meeting with the coaches to review their place on the team and setting expectations for attendance. If the expectations are not met further to the meeting this will result in removal from the competitive team.

The 3-strike rule does not apply during the 4 week comp prep as all competitive athletes must attend all sessions during comp prep..

All known holiday dates must be communicated to the team coach and approved by the coach. Any holiday dates not communicated in advance of 4 weeks will incur a strike. The deadline date to hand in known holiday dates is 30th September 2024.

***PLEASE SEE LIST BELOW FOR EXCUSED (STILL NEED TO NOTIFY COACH) AND NOT EXCUSED ABSENCES.**

EXCUSED (MUST STILL NOTIFY A COACH IN ADVANCE)

- Graded School event
- Illness with Fever/Vomiting/Covid (Coach must be notified by 12pm the latest on day of training)
- Family Bereavement
- Immediate Family members Wedding (notify Coach in advance)

NOT EXCUSED

- Homework/Revision (Bring it with you if you need to)
- Birthdays
- Parties
- Recreational Sports

We do not run our 3-strike policy for our non-competitive member. However, if an athlete is frequently absent their place will be reviewed and may be lost.

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LEAVING POLICY

PLEASE ENSURE YOU ARE FAMILIAR WITH OUR LEAVING POLICY.

We are always sad to see members go. Please ensure that between us we have discussed and tried to resolve any problems which cause you/your child to leave.

If you decide to leave/remove your child from the club, then we require one month's notice for competitive athlete. Cheer 4 fun athletes may leave at any time, but you must inform the club by email of this decision.

All unpaid fees must be paid in full before an athlete can leave. We reserve the right to inform any new club which the athlete may transfer to of any unpaid debts.

Athletes leaving (or parents removing their child) from the club or withdrawing from a competition within one month of the date of the competition will be liable to a £50 fine to cover re-choreographing the routine and the extra work involved in training another athlete to take the leaver's place.

In addition, if your child is a "no show" on the day of the competition, you will be required to pay the entry fees of those other athletes in the squad who are unable to compete.



CharltonRocksCheer@Gmail.com

www.CharltonRocksCheer.co.uk

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CLUB COMMUNICATION GROUP

We use a free app called 'BAND' for all club communication. This enables all members (Athletes, Parent/Guardians and Coaches) to contact each other if needed and to receive the latest club information easily. As this group is private, your request will need to be approved by the coaches. We will try to approve your request as soon as we can.

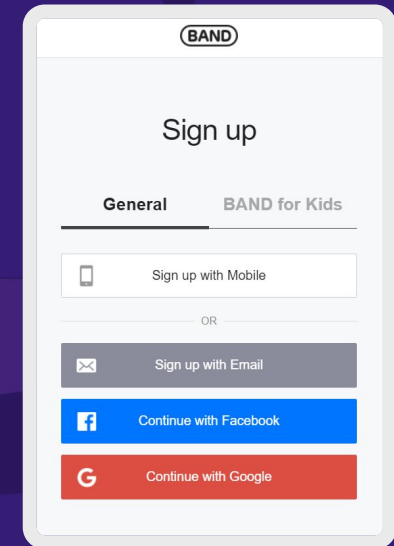
You can download the App onto any mobile devices via an app store or you can access it on a desktop computer. Click the link to join: <https://band.us/n/a6a80cVbs2m7a>

We will put all upcoming events / competition dates on the band calendar so please check this regularly.

We will set up Photo albums for each team at the start of the season and upload training photos and Videos for athletes to watch back.

For many of our members retaining routine counts and dance is a struggle. Unfortunately, this means each week we lose a great deal of class time reminding athletes of the week before. Parents/ Guardians, we ask that you please ensure your athletes are watching videos back and practicing at home. This will help classes become more productive as well as help athletes develop their skills much quicker.

For safeguarding purposes, band members over the age of 18 years old must not private message anyone under the age of 18 years old without the consent of the athlete's parent/guardian.



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SOCIAL MEDIA & CLUB MUSIC POLICY

CRC are on Facebook and Instagram. Please check out our accounts and help us advertise by following, liking and sharing club post!

We use these social media sites and our website as club advertisement, posting information about the club including athlete photos and videos. By becoming a CRC member, you (Athlete/Parents/Guardian) are consenting to CRC to use your athletes' photo/videos on our social media. If this is a concern, please contact the coaching team so we can take the appropriate safeguarding precautions.

Important:

Any club routine music, photos or videos taken during training or at competitions of our team skills including Tumbles, Stunts, Jumps & Dance should not be posted on any social media or shared to others outside of the club without asking for coach approval in advance.

The coaches may ask you to remove photo/videos from your personal social media account if it is found you have not been given permission in advance of uploading.

Unfortunately, competition routines can be copied by other clubs if made public. For this reason, to protect our team routines we ask you do not share anything until the end of the season.

Please never share CRC team music to anyone outside of your team. Cheer music is extremely expensive for the club due to it being custom made and copyrighted.



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CLUB KIT

Team kit will be available to order from the the CRC Store by August 2024.

To purchase any Club Kit please head over to the CRC Store on our website.

Kit	Price
Training T-Shirt	£15-20
Supporters T-Shirt	£15-£20
Training Vest Top	£15
White Nfinity Cheer Shoes (Recommended for competitive athlete)	£60
Competition Uniform (Leotard, Shorts)	£TBC
Training Kit (crop top & Butterfly shorts)	£40
Club Rucksack	£45 -£50
Drawstring Bag	£8
Club Jacket	£40-£45
Bum Bag	£20
Small Multi-Purpose Bag (use for make-up/ inhalers / pencil case)	£8



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CLUB VOLUNTEERING

We may be looking for volunteers who would like the opportunity to help out and take on some club responsibility next season.

We may select Parent/ Guardians helpers, you will be known as a Team Parent and assigned a specific team/ teams to be responsible for. Please note - you may be assigned a team that your athlete is not on.

The role may include but is not limited to:

- Collecting athlete information and passing this on to the coaches
- Receiving information from the coaches and communicating to team members
- Chaperoning at events
- Making sure athletes are collected at the end of class.
- Sitting in on classes for safeguarding if needed.
- Arranging team socials (Team bonding activities outside of the gym)
- Helping at / Arranging club fundraising events.

We are keen to have a home-grown coaching team and may be looking to expand our junior coaching team. Starting from athletes age 12+, we will be looking to give selected athletes the opportunity of a voluntary coaching role.

This role will include:

- Collecting athletes from the cloakroom and bringing them into the gym.
- Leading Warm-up, Stretch & Cool Down Activities
- Setting Up, Cleaning & Putting Away Equipment
- Assisting Senior Coaches with activities & Following instructions set by the Senior Coach to lead an activity

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USEFUL LINKS

24-25 Athlete Information Form

- <https://forms.gle/zx8MBPEgi2UKgRss6>

24-25 Athlete Absence Requests Form

- <https://forms.gle/ZktGGGoqvooJAac7A>

Club Members Group (Band) Joining Link

- <https://band.us/n/a6a80cVbs2m7a>

24-25 Competition Team Acceptance Form

- <https://forms.gle/2MsZTCs8eBUwvLzH8>

For any safeguarding or welfare concerns please do not hesitate to contact our Designated Safeguarding Lead Tracy Fenton using the email address below

- Welfare@charltonrockscheer.co.uk

CharltonRocksCheer@Gmail.com

www.CharltonRocksCheer.co.uk

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ADDITIONAL CLUB INFO

Club Owner & Head Coach: Tierney Daley
Welfare Officer: Tracy Fenton
Email: Welfare@charltonrockscheer.co.uk

Email: CharltonRocksCheer@gmail.com
Website: www.CharltonRocksCheer.co.uk

Training Address: Salto Centre, Charlton Rd, Charlton, SP10 4AJ, Andover, Hampshire

BANK DETAILS: Tierney Daley
SORT CODE: 04-29-09
ACCOUNT NUMBER: 01403397
Revolut Ltd

*Please use your invoice number as reference for all bank transfer payments.

For any questions regarding our 2023-2024 Season Information Pack please email us.

THANKS FOR YOUR INTEREST! WE HOPE YOU CAN JOIN US FOR OUR BEST SEASON YET !

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