



**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-choregraph 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 a 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 will be doing 2 of the competition  
(the nearest ones to us Colchester and Peterborough)*

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.

<b>COMPETITIONS</b>	<b>DATES AND VENUES</b>	<b>TICKET PRICES AND PAYMENT DEADLINES</b>
<b>FUTURE CHEER SPOTLIGHT SHOWDOWN</b>	<b>15th/16th March 2025</b> <b>Essex University</b> <b>Colchester</b> <b>CO4 3SQ</b>	<b>Spectator Tickets must be ordered and paid for by</b> <b>01/12/24</b> <b>Adult- £17.00</b> <b>Child) £11.00</b>  <i>We do not yet know the schedule for the competition and will not know until 12 weeks before. Competition could be over 2 days</i>
<b>CHEER CITY SUMMER SHOWDOWN</b>	<b>10th/11th May 2024</b> <b>Warwick University</b> <b>Coventry</b> <b>CV4 7AL</b>	<b>Spectator Tickets must be ordered and paid for by</b> <b>31/12/24</b> <b>Session - £14.50</b>  <i>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)</i>
<b>ICE BIG CHILL</b>	<b>7th/8th June 2025</b> <b>Bushfield Leisure Centre</b> <b>Orton Centre</b> <b>Peterborough</b> <b>PE2 5RQ</b>	<b>Spectator Tickets must be ordered and paid for by</b> <b>18/03/25</b> <b>Session - £14.00</b>  <i>Sessions are going to be split as follows:- Tiny/mini. Youth. Junior/Senior. (Days and times of these sessions depends on number of entries)</i>



# 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 (school year 7 and over)**

**Tuesday - 5.00pm - 6.00pm - Cheer for Fun 5 or full time school -11 years  
(school year reception to year 6)**

**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 require from all members to confirm their attendance, the date and time will be confimed 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 remove. 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 coacha 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 (Lunar/Apollo)**

**£16 (Astronauts)**

**(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 31st October 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**

**2/3 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

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

**31 Oct 2024** - NO TRAINING FOR ANY 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**

**7/8 June 2025** - **ICE - THE BIG CHILL BUSHFIELD LEISURE CENTRE PETERBOROUGH**

**28/29 July 2025** - End of Season



## HOW TO CONTACT US

We are available on:-

[07561742891/](tel:07561742891) [ssstars@hotmail.co.uk](mailto:ssstars@hotmail.co.uk)

LIKE our Facebook page

[www.facebook.com/ssstarscheerleading  
club/](https://www.facebook.com/ssstarscheerleadingclub/)

FOLLOW our Instagram Page

[www.instagram.com/ss.stars.cheerleader  
s/](https://www.instagram.com/ss.stars.cheerleader_s/)

VISIT our website

[www.ssstarscheerleading.com](http://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.