



# CHEERLEADING CLUB



CHEER FOR FUN  
INFORMATION  
PACK  
2024/25



# Welcome to SS Stars 2024/25

A big welcome to old and new members wanting to be part of our Cheer family for the new cheer season.

We hope you are looking forward to the new season and are ready to learn lots of new skills and make lots of new friends, whether you want to do cheerleading for fun or be part of our competition squads we are sure you will love it once you start.

The club has been established as SS Stars since 2012 and is ran by 2 friends Sam and Suzanne, both have grown up with gymnastics, dance and both fell in love with cheerleading when their daughters started nearly 20 years ago. Their daughters have all grown up now and all help out with coaching and running of the club, in between work and university. The club is ran completely by volunteers and all monies made go straight back into the club to help pay for costs.



All of our Coaches are qualified, DBS checked and insured. We have also have some Junior coaches who help out during sessions, these are Junior cheerleaders who all began in the cheer for fun class and work their way up into our competitions squads, so are all experienced cheerleaders ready to help out and pass on their knowledge onto the up and coming little stars.

We take on members from 4 years (in full time school) up to adults.

We train at Water Lane Sports Centre in Lowestoft on a Monday and Tuesday evenings



# Cheer for Fun 2024/25

Cheerleading is something anyone can have a go at no matter what your age or ability, we will have a class to suit you. We have 2 Cheer for fun classes split into 2 different age groups 4-11 years and 12+years, these sessions are ran :-

**Monday 7.00pm-8.00pm - 11/12 years plus (Year 7 and over)**  
**Tuesday 5.00pm-6.00pm - 4-10 years (Reception to Year 6)**

During the year we will learn the basic skills for cheerleading starting with motions and jumps but will also introduce stunting and tumblers. We try to split the session into age and ability so everyone is working at a suitable level for each athlete.

The stunts in this class are designed to help everyone learn how to lift and hold themselves, however for those you who are a bit of a thrill seeker our Junior Coaches love to lift the younger members up into some of our all stars level Stunts.

We always encourage everyone to take part and give everything a go, but never push your child to do anything they do not feel comfortable doing. We always try and make sure the sessions are fun while learning new skills, exercising and making new friends.

At the end of each year if you are interested we hold a tryout session open to anyone who would like to move into one of our competition squads. We always try and accommodate everyone into a team that suits their age and ability. We believe as long as you enjoy it and want to work as a team you deserve a place on our teams, it not always about winning but learning how to work as a team, work hard together and skills you will have for life.

If you are interested in coming along please complete your details on the link below and select a free trial session to come along too.

<https://hosted-uk.coacha.app/CCHJTAO3>



# Cheer for Fun

**Monday 7.00pm-8.00pm 11/12 years plus**

**(school years 7 and over)**

**Tuesday 5.00pm-6.00pm 4-10 years**

**(school years Reception to Year 6)**

The Cheer for Fun session's only run in term time, to make it easier we split the fees over equal monthly payments which must be paid by the 1st of each month in advance.

An annual membership/insurance fee will also be require from everyone who is part of the club. This runs for a full season September - July.

**The term dates for the new season will be as follows:-**

**Term 1 - 9th September 2024 - 22nd October 2024**

**(no session 30 sept/1 Oct)**

**Term 2 - 4th November 2024 - 17th December 2024**

**Term 3 - 6th January 2025 - 11th February 2025**

**Term 4 - 24th February 2025 - 1st April 2025**

**Term 5 - 22nd April 2025 - 20th May 2025**

**(no training on, 21st April, 5th/6th 26th/27th May 2025)**

**Term 6 - 2nd June 2025 - 15th July 2025**

**Monthly Fees -£24.00**

**September- July paid on 1st of each month in advance**

**(All current members must have payment set up from 11th September )**

**Annual Insurance/Membership**

**£10 per year**

**(September - July)**

We will collect your fees via an app called "coacha". You will be asked to set up a log in so you can access all of your records and keep them up to date.

Payment will be collected either via direct debit or by Credit/debit card.

Unfortunately we do not take CASH payments



# How to contact us

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

If anyone has any further questions please contact us

**We are available on:-**

**Call/Text/What's App**

**07561 742891**

*(we do all work so if no answer leave a message and  
we will get back to you as soon as we can)*

***Email***

**[ssstars@hotmail.co.uk](mailto:ssstars@hotmail.co.uk)**

**Facebook**

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

Message us through our page via messenger

**Instagram**

**[www.instagram.com/ss.stars.cheerleaders/](https://www.instagram.com/ss.stars.cheerleaders/)**

**Website**

**<https://www.ssstarscheerleadingclub.com/>**