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SEASON

FIVE

# MEET THE STAFF

**MORGAN - HEAD COACH:** Been in cheer for 12 years and competed at World, European, National and Regional levels. The highest level competed at is level 5.

**KATHERINE – THE BOSS:** Been in cheer for 12 years and competed at. European, National and Regional levels. The highest level competed at is level 3.

**ASSISTANT COACHES-** Amy, Kiara, Carla, Saffron & Ghada

**JUNIOR COACHES-** Frances, Elexa, Layla, Ghadir, Silva, Millie, Lola A, Natasha

**CLUB HELPERS-** Darren, Liz, Deb and Gareth

ALL MEMBERS OF STAFF ARE FULLY QUALIFIED, DBS CHECKED, INSURED AND FIRST AID TRAINED



This pack contains all the information that you will need to make an informed decision about the 2022/23 season. It is vital, that if you choose to join a competitive team this season you read this season pack in its entirety, check the financial commitments are possible for you, and confirm you are available for all dates required!

## ABOUT GALAXY

*Founded in 2019 we provide a facility for children of all abilities, aged 3+, both male and female to come together to learn and develop skills and build friendships.*

*We now have our own gym in Coppull Mill that is home to over 140 athletes. For the 2023/24 season will have 12 competitive teams! These will be for prep and for the first time. A TRAVEL team!!!*

*All our coaches are fully qualified and insured with many years experience.*

*Our competitive season starts August 2023 and runs through to the end of July 2024.*

*All teams will train at least once a week and athletes are required to attend all sessions once team placement is accepted.*

*Privates and extra classes are available, see Katherine or Morgan for details.*

# FINANCIAL COMMITMENT

- By accepting your place on a competitive team, you agree to commit to the entire season and the payment dates as set out below:

Elite	Due by	Prep
Season membership £25 (includes season t-shirt)	<b>August 15th</b>	Season membership £25 (includes season t-shirt)
Monthly fees £35\£40	<b>1<sup>st</sup> each month</b>	Monthly fees £25 - £30
Tumble class £5 per week (see elite)	<b>Weekly cash</b>	Tumble class £5 per week (optional)
Competition entry fees £25-45 per entry	<b>See competition page</b>	Competition entry fees £25-45 per entry
Uniform £130	<b>50% On Order</b>	Uniform £99
Bow £15	<b>On Order</b>	Bow £10
Training Kit £40-60 (optional)	<b>As required</b>	Training Kit £40-60 (optional)





# COMPETITION ENTRY FEES & DUE DATES

## All competition information is subject to change

Team	Competition	Performance date	Entry fees	Due Date
Elite & Travel ASW	RETRO The Halls Wolverhampton	20 <sup>th</sup> January 2024	£25 pp Crossover £18	September 10 <sup>th</sup> 2023
All Club & Travel ASW	Crusade Manchester	23 <sup>rd</sup> March 2024	£25 pp Crossover £18	October 1st 2023
Elite	ICE Summer Meltdown Doncaster Dome	18 <sup>th</sup> May 2024	£25pp Crossover £20	March 1 <sup>st</sup> 2024
All Club	Legacy Live your Dream Resorts World Arena Birmingham	Seniors – Saturday 8 <sup>th</sup> June All other teams Sunday 9 <sup>th</sup> June	£45 Crossover £28	Feb 1 <sup>st</sup> 2024
All Club	ICE ICE Championships Fenton Manor Sports Centre Stoke	29 <sup>th</sup> June 2024	£27.50 pp Crossover £22.50	May 1 <sup>st</sup> 2024



# Further Spectator info

## All competition details are subject to changes

	Purchase Method	Cost	Deadline
RETRO The Halls Wolverhampton	CLUB	£15 pp per session £12 child over 4 £25 All Day	October 1 <sup>st</sup> 2023
Crusade Manchester	CLUB	£15 pp £12 child over 4 £25 All Day	November 1 <sup>st</sup> 2023
ICE Summer Meltdown Doncaster Dome	CLUB	£12 pp Over age 5	March 1 <sup>st</sup> 2024
Legacy Live your Dream Birmingham	CLUB	£24 Adult All Day £40 Adult All Weekend £20 Child All day (4-11) £39 All Weekend	Autumn 2023
ICE ICE Championships Stoke	CLUB	£12 pp Over 5	May 1 <sup>st</sup> 2024



# ELITE

Season 5 bring the exciting addition to the club of 3 more Elite teams bringing our total to 6!!

If you have been placed on one of these teams, you have shown dedication and commitment to your own development and skills. In return for working extra hard, these teams will be given the chance of competing at higher levels, against some tougher teams, and invitations to bigger competitions.

Accepting a place on one of these elite level teams requires all athletes and parents to understand the additional times and costs involved.

**Uniform:** - The elite uniform was brand new to the club for season 4 and the feedback has been amazing This custom designed set costs £130

**Training:**- All elite athletes will be required as COMPULSARY to attend a MINIMUM of 1 Friday tumble sessions per month. These are £5 each. Attendance will be a consideration for future opportunities.

**Attendance:**- As an elite athlete, you have a responsibility to have full attendance. Absences must be requested with the form and agreed. 2 unauthorised absences will result in removal from the team. As will any within the red period.

**Competition:**- Elite will be attending more competitions than the prep and this is not negotiable. You MUST be able to attend all competitions to accept the offered place. (pre-existing commitments may be considered)



# PREP

- Season 5 continues with our 4 amazing prep teams!!

- If you have been placed on one of these teams, you are generally new to cheer or feel comfortable doing a reduced number of competitions and will be competing against athletes with a similar level of skill and experience.
- Accepting a place on one of these teams still requires all athletes and parents to understand the commitment and costs involved.

**Uniform**: - The uniform is as eye catching as it was when we first designed it and will remain with the club for another season with us filtering in a new design to a small number of teams. These custom designed set costs £99

**Training**:- All athletes are recommended to attend a MINIMUM of 1 Friday tumble sessions per month. These are £5 each. Attendance will be a consideration for future opportunities. Minis now get 1 session included in their monthly fees

**Attendance**:- As an athlete, you have a responsibility to have full attendance. Absences must be requested with the form and agreed. 2 unauthorized absences will result in removal from the team. As will any within the red period.

**Competition**:- Prep will be attending 3 competitions this season including a travel to Birmingham!!. You MUST be able to attend all competitions to accept the offered place. (pre-existing commitments may be considered)

# TRAVEL TEAM

Our Senior Team have secured a bid to Compete at the All-Star World Championships in Orlando in April 2024.

Due to the different age restrictions in the US this team is U19 athletes born in: 2004 to 2010.

For the 2025 season all elite teams will be competing for a bid at all competitions next season.

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MORE DETAILS TO FOLLOW





# EXPECTATIONS OF COMPETITIVE ATHLETES

- **ATTENDANCE POLICY**
- **WE DO NOT MEAN TO SCARE ANYONE; HOWEVER, 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, WE WANT TO ENSURE ATHLETES UNDERSTAND THEIR COMMITMENT TO THE TEAM, AND THAT FOR THE TEAM TO BENEFIT FROM EACH TRAINING SESSION, 100% ATTENDANCE IS EXPECTED OF ALL ATHLETES UNLESS THE COACH HAS BEEN INFORMED AND CONFIRMED THE ABSENCE IN ADVANCE.**
- **UNAUTHORISED ABSENCES THROUGHOUT THE SEASON WILL RESULT IN ATHLETES BEING REMOVED FROM THEIR COMPETITIVE SQUAD.**
- **AN ATHLETE THAT MISSES ANY OF THE LAST 3 PRACTICES BEFORE A COMPETITION WILL BE WITHDRAWN FROM THE COMPETITION – ABSENCES CAN ONLY BE AUTHORISED BY THE PROGRAMME DIRECTOR IN EXTREME EXTENUATING CIRCUMSTANCES AND PLENTY OF NOTICE MUST BE GIVEN.**
- **THROUGHOUT THE SEASON, PRACTICE IS ESSENTIAL TO THE SUCCESS OF THE TEAMS. WE HAVE A STRICT ATTENDANCE POLICY. WE EXPECT THAT ALL EFFORTS ARE MADE TO ATTEND TEAM PRACTICES. IF AN ATHLETE IS ABSENT FROM PRACTICE, IT NEGATIVELY AFFECTS THEIR TEAM, AND COULD IMPACT THEIR ROLE IN THE ROUTINE. IF AN ATHLETE IS INJURED, THEY SHOULD STILL ATTEND PRACTICE. IF AN ATHLETE IS UNDER THE WEATHER (I.E. SNIFFLES, COUGH, COLD) THEY SHOULD STILL ATTEND PRACTICE. IT IS VERY IMPORTANT THAT AN ATHLETE NOT MISS A TRAINING SESSION IN THE RED ZONE (SEE BELOW).**
- **ATHLETES WITH HEAVY EXAM TIMETABLES NEED TO COMMUNICATE WITH COACHES AND MAY BE ABLE TO LEAVE TRAINING EARLIER DURING THIS TIME. COMMUNICATING ABSENCES WITH THE COACHES/ADMIN TEAM IS VITAL IN THE MAKING OF A SUCCESSFUL YEAR.**
- **PLEASE NOTE THE GYM IS OPEN DURING SCHOOL HOLIDAYS AND BANK HOLIDAYS FOR REGULAR PRACTICES (UNLESS CONFIRMED OTHERWISE)**
- **RED ZONE - THE RED ZONE IS ANY TRAINING SESSIONS 4 WEEKS PRIOR TO A TEAM'S COMPETITION DAY. PLEASE BE AWARE THAT ATHLETES WHO MISS TRAINING IN THE RED ZONE MAY BE REPLACED OR TAKEN OUT OF CERTAIN SECTIONS OR POSITIONS, IN ORDER TO ENSURE THAT THE POTENTIAL FOR OTHER MEMBERS OF THE TEAM ARE NOT COMPROMISED.**

# OUTSIDE OF THE RED ZONE AREA..

- We understand that absences can sometimes be unavoidable, but we still expect the dedication and commitment to the team that enables training to continue as best as possible.
- Therefore, we ask that even if an athlete is unable to partake in the session, they still attend the gym, so they can still be actively learning and practicing their role on the team.
- There will always be some points where it is safer for an athlete to not attend the gym at all, and for these reasons we will class them as “authorised”
- displayed are a non exhaustive list of typical absences and how we will mark them against the athletes register.

AUTHORISED ABSENCE	UNAUTHORISED ABSENCE
Illness (Excluding colds) See updated illness and accident policy on our website	Birthdays and parties
Graded school events	Homework/revision
Family bereavement	Recreational sports event
Authorised holidays (Must be communicated at the earliest opportunity)	Last minute holidays/trips that are not communicated with a coach with reasonable advanced notice.
Year 11 school prom	Grounded/detentions

# CODE OF CONDUCT

- Good sportsmanship, polite manners and a positive attitude are required at all training sessions and competitions.
- It is your responsibility to wear the appropriate uniform to every practice.
- Personal items such as bags, mobile phones or clothing are your responsibility. Look after them.
- Respect yourself, respect your fellow athletes, respect your coaches, respect staff, and when representing the programme, treat everyone you meet with respect.
- No gossip about any other teams. No gossip about a child on your team or another team. No gossip about coaches and staff. It is much better to address the problem than listen to gossip.
- You must arrive at all training sessions, competitions or scheduled events on time. Punctuality is a must.
- If an athlete is under the weather (i.e. sniffles, cough, cold) they should still attend practice. The training session before a competition is of particular importance.
- Withholding a child from training or competition should never be used as a form of punishment.
- Athletes should be able to handle schoolwork and training; homework is not an acceptable excuse for missing training.
- Parents, friends, relatives and cheerleaders are never allowed to speak with competition officials for any reason.
- Inappropriate language will not be tolerated.
- It is the parents/athlete's responsibility to know what is going on with the team. Check your emails/groups/website regularly.



# MONTHLY FEES

- Monthly fees are due on the 1st of every month for the month ahead. For example – Fees due on the 1st September cover the whole month of September. Fees are averaged out of the year so that on the summer and Christmas closures fees are still payable.
- It is preferred that fees are paid by Direct Debit that is set up through the COACHA system that was registered when signing up. Please request this if you are not already set up.
- Please note that the new training structure will come into effect on Monday 4<sup>th</sup> September 2023.
- The new fee structure will also come into effect until the 1st September 2023 giving everyone time to amend and change their payment method.
- **If fees are not paid 7 days after they are due and no arrangement has been made, the child may not attend training until this has been resolved.**

**Thank you for taking the time to read through this document.**

**Please find below links to both the absence request form and the 2022/23 season sign up link.**

**In signing up to the season and paying the £25pp season fee you are agreeing to all the policies and information in this pack.**



**Absence Request Form**



**SEASON 5 ACCEPTANCE**