



**Information Pack**

# **Our Teams**

**Tiny Novice: Rhondda Rockets Sweetiepies**

## **Allstar Teams**

**Minis : Rhondda Rockets Sensation**

**Under 12 [IASF] Rhondda Rockets Starshine**

**Juniors : Rhondda Rockets Starlight**

**Seniors : Rhondda Rockets Starz Elite**

**Open NT [IASF] Rhondda Rockets Synergy**

**Masters : Rhondda Rockets Supremes**

## **Dance**

**Mini Pom : Rhondda Rockets Showstoppers**

**Youth Pom : Starshine 2**

**Senior Pom : Starz Elite 2**

**Masters Pom : Supremes 2**

# Welcome to the Rhondda Rockets!






**The Rhondda Rockets extends a warm welcome to all, whatever the age or ability , from our young Tiny team to experienced seniors and our Masters over 25s. With RRS we ensure there is a place for everyone—**

**Irrespective of age, ability or gender.**





# Competition Schedule

Event Provider 	Date 	Price 
BCA Winter Weekender Winter Gardens Blackpool	Dec 9th/10th	To be confirmed
Spring Competition	TBC	
ICC Summer Jam Norbreck Castle Hotel Blackpool The competition is held in the hotel.	July 20th/21st	



## Competition Fees

Starting from August, we will begin to collect these payments to ensure that ample opportunity to pay is given. We will then give regular dates to make further payments. Where possible we will offer the opportunity for everyone who wishes to stay in a team hotel to make regular payments to save any added stress.

# Pricing Structure

Prices are calculated over the year to include holidays and 31 day months. If this was not Calculated in this manner then each class cost would be higher. Please pay by standing order if possible.

Number of hours at TreRhondda	Price	Sports Centre	Discounted fee if paid by regular bank transfer
1 hour	£3.50	£4.50	£28
1 ½ hours	£4	£4	£30
2	£6	£4	£32
3	£8.50	£3.50	£34



# Training Schedule

Arts Factory, TreRhondda Ferndale

Monday: Training with Chloe, Phoebe and Brooke

Tiny Novice 4.00—5.00

Tumble 5.00—6.00

[Cost £5—Pay in Class]

Mini Level 1 6.00— 7.00

Tuesday Training with Chris[ Times may be subject to change in September]

Mini Pom 4.15 —5.00

Senior Pom 5.00—5.45

Senior/Open Cheer 5.45— 7.00

Masters Cheer 7,00— 8.00

Wednesday Tumble with Demi 4.30— 6.00 {£5 pay in class]

Thursday Training with Chris and Stevie [As above]

Youth Pom 4.30— 5.15

Junior Cheer 5.15—6. 15

U12 6.15—7.45

Sunday : Rhondda Fach Sports Centre 10.00— 12.00

Our Rhondda Rockets Community get together training

Email [rhonddarockets@aol.com](mailto:rhonddarockets@aol.com)

Rhonddarockets on Facebook

# Uniform and Training Wear

As a community and voluntary group, we try to make these as reasonable as possible. We do not try to make profit on any item of clothing we sell.

## Training Wear

Team T shirts [To order] Child £10, Adult £13

Jackets £20

Crop top £13

Shorts £10

Boxy T shirt £13

Leggings £13

We currently have some in stock garments.

## Uniform

Tiny/ Mini Uniform £90

Masters tops £40, leggings £15

AllStar uniform £115 - This includes full uniform, cheer socks and bow. This has been subsidised for competitors.



# Enthusiasm and Effort

As with any sport, you only get out of it what you put in. We really stress the fun element of cheerleading but hard work and commitment are needed for our competitive members. Absences mean that you are not able to compete at the highest possible level and therefore it is really important that every training session is prioritised, unless there are exceptional circumstances. Cheerleaders who are absent for their stunt group prevent the stunts being well practised and affect team performances.

Unfortunately, main positions in stunt groups cannot be given to members who have regular absences.

**R—Regular attendance**

**O—Outstanding effort at all times**

**C—Commitment to your team**

**K—Keep Practising your skills, even at home.**

**E—Enthusiasm and energy**

**T—Time keeping. Please be punctual.**

**S—Smile. Enjoy it!**



# Forms

Please ensure that your details have been submitted. If not, please complete the form below.

<https://form.jotform.com/220534645397057>

