



Sapphire ELITE

2024-2025
Information Pack

Shine like a Sapphire

WHY CHOOSE SAPPHIRE?

- QUALIFIED, EXPERIENCED, FIRST AID & SAFEGUARDING TRAINED COACHES WITH YEARS OF EXPERIENCE IN THE INDUSTRY
- A HISTORY OF PRODUCING WORLDS LEVEL ATHLETES
- ONE OF THE BEST FACILITIES FOR CHEERLEADING IN HERTFORDSHIRE
- A COACHING STAFF WITH MULTIPLE PREVIOUS & CURRENT WORLDS LEVEL ATHLETES SHARING THEIR KNOWLEDGE AND EXPERIENCE.
- COACHES WHO HAVE PRODUCED REGIONAL, NATIONAL & GRAND CHAMPION ROUTINES
- A ROUTE INTO THE SPORT FOR PEOPLE OF ALL ABILITIES
- SUPPORTING CLASSES IN STRETCH & TUMBLING, PLUS 121 SESSIONS
- AN ENCOURAGING, NURTURING & POSITIVE ENVIRONMENT
- A FULL ADMIN TEAM SUPPORTING BEHIND THE SCENES
- A STRONG FAMILY FEEL AND BOND ACROSS THE CLUB

VISIONS & VALUES

HERE AT SAPPHIRE, OUR MISSION IS TO BUILD SELF-CONFIDENCE, SELF DISCIPLINE, TEAM BUILDING AND EVERLASTING FRIENDSHIPS. WE TAKE PRIDE IN WATCHING OUR ATHLETES GROW, AND ARE HONOURED TO BE A SMALL PART OF WHAT HELPS TO SHAPE THEIR FUTURE.

OUR COACHES ARE PASSIONATE AND DRIVEN, CONTINUALLY LOOKING FOR WAYS TO KEEP PROGRESSING AND ENCOURAGING OUR ATHLETES TO BE THE BEST THEY CAN BE. OUR COACHING TEAM FOR THE 2024-2025 SEASON IS ONE OF THE MOST WELL ROUNDED AND EXPERIENCED TEAM WE'VE HAD. THEY STRIVE TO BUILD INDIVIDUAL RELATIONSHIPS WITH EACH ATHLETE, WHILST ALWAYS PROVIDING AN ENCOURAGING ENVIRONMENT FOR THEM TO THRIVE IN.



IN OUR INFORMATION PACK, YOU'LL FIND EVERYTHING YOU NEED TO KNOW ABOUT OUR PROGRAMME. CHEERLEADING IS AN EVER CHANGING SPORT, SO PLEASE TAKE THE TIME TO READ EVERYTHING CAREFULLY, AS WE ARE IMPLEMENTING SOME CHANGES FOR THE SEASON AHEAD. THIS IS TO ENSURE WE HAVE SOMETHING ACCESSIBLE FOR EVERYONE, WHETHER THAT MEANS A RECREATIONAL, LOW COMMITMENT TEAM, OR TEAMS SUITABLE FOR OUR ATHLETES WHO STRIVE TO BE ELITE IN THIS SPORT. REGARDLESS OF WHAT YOU WOULD LIKE TO GAIN OUT OF CHEERLEADING & SAPPHIRE, WE ARE SURE THE SEASON AHEAD IS GOING TO BE ONE OF OUR MOST SUCCESSFUL SEASONS YET!



Sapphire Pathways

OUR TEAMS ARE SPLIT INTO 3 DIFFERENT PATHWAYS: BRONZE, SILVER & GOLD. THIS IS SO WE CAN ALLOW OUR TEAMS TO TRAIN TO THEIR FULL POTENTIAL, WHILST ALSO MAINTAINING A LEVEL OF ACCESSIBILITY WITHIN OUR CLUB. IN OUR TRYOUT FORM, YOU'LL BE ABLE TO OPT FOR WHICH PATHWAY YOU WOULD LIKE TO BE CONSIDERED FOR, AND WE'LL DO OUR BEST TO ACCOMMODATE. IT'S IMPORTANT TO NOTE THAT OUR PATHWAY IS NOT JUST DECIDED BY ONE COMPONENT - AS WELL AS ATHLETES/PARENTS BEING ABLE TO SELECT WHICH PATHWAY THEY'D LIKE TO BE CONSIDERED FOR, OUR COACHES WILL ALSO LOOK AT THINGS SUCH AS COMMITMENT IN PREVIOUS YEARS IF A RETURNING ATHLETE, CURRENT SKILL LEVELS, AREAS OF DEVELOPMENT, AND MORE, TO DETERMINE WHERE THAT ATHLETE WILL PROGRESS AND BE THE BEST FIT FOR THE SEASON AHEAD. THIS IS SO WE CAN ENSURE OUR TEAMS ARE IN THE STRONGEST POSSIBLE POSITION FOR COMPETITION, AS WELL AS EACH ATHLETES' INDIVIDUAL NEEDS ALSO BEING MET TOO.

PLEASE NOTE, THAT IF COMMITMENT TO YOUR PATHWAY DOES DROP, ATHLETES WILL BE MOVED ACCORDINGLY. IT'S ALSO IMPORTANT TO NOTE THAT ALL PATHWAYS ARE JUST AS IMPORTANT AS THE NEXT, AND IT'S ABOUT LOOKING AT WHAT DIVISIONS AN ATHLETE WILL THRIVE IN THE MOST AND FEEL THEIR MOST SUCCESSFUL.

BRONZE

OUR BRONZE PATHWAY IS AIMED AT ATHLETES BRAND NEW TO THE SPORT OR THOSE WHO DO NOT WANT THE COMMITMENT OF A REGULAR COMPETITION SEASON. THESE TEAMS WILL STILL TRAIN WEEKLY, BUT WILL HAVE A MORE RELAXED POLICY WHEN IT COMES TO ATTENDANCE, AND ALSO WON'T REQUIRE THINGS SUCH AS UNIFORMS. THEY WILL STILL WORK ON THE SAME SKILLS, WORK TOWARDS A ROUTINE, AND SHOWCASE THESE REGULARLY. IT'S A GREAT STEPPING STONE FOR THOSE WORKING OUT IF THIS IS THE SPORT FOR THEM, AND LEARNING ABOUT HOW IT WORKS. WE'LL ALSO AIM FOR THE TEAM TO COMPETE/SHOWCASE TO FRIENDS AND FAMILY, AND POTENTIALLY LOCAL EVENTS TOO.

SILVER

OUR SILVER PATHWAY IS FOR OUR NOVICE AND PREP TEAMS, SO THEREFORE THEY ARE COMPETITIVE. HOWEVER, THEY ARE LESS ELITE THAN OUR GOLD PATHWAY TEAMS, WITH A SLIGHTLY LOWER COMMITMENT LEVEL WHEN IT COMES TO OUR SUPPORTING CLASSES - ATTENDANCE IS STILL INCREDIBLY IMPORTANT TO ALL TEAM TRAINING SESSIONS THOUGH. THIS PATHWAY IS A GREAT WAY FOR ATHLETES STARTING OUT IN THE SPORT, BUT WANTING THE COMPETITION ELEMENT, AS WELL AS THOSE WHO ARE STILL WORKING ON THEIR TECHNIQUE IN STUNT AND TUMBLE SKILLS. DUE TO COMPETITIONS TWEAKING DIVISION OFFERINGS, THESE TEAMS ALSO DO LESS COMPETITIONS THAN OUR GOLD TEAMS.

GOLD

OUR GOLD PATHWAY TEAMS ARE OUR ELITE LEVEL TEAMS FOR ATHLETES WHO SHOW A HIGH LEVEL OF BOTH SKILL AND COMMITMENT, AS WELL AS A FANTASTIC ATTITUDE. THESE TEAMS ENTER SOME OF THE MOST COMPETITIVE DIVISIONS AVAILABLE, AND OUR COACHES EXPECT A HIGH LEVEL OF COMMITMENT FROM THESE ATHLETES BOTH IN AND OUT OF TRAINING. ADDITIONAL SUPPORTING CLASSES SUCH AS TUMBLE AND STRETCH ARE MANDATORY TO SUPPORT IN THESE ATHLETES ALL ROUND DEVELOPMENT. THIS SEASON, WE ARE LOOKING TO PUSH OUR ATHLETES TECHNIQUE IN BOTH STUNTS AND TUMBLE IN PARTICULAR, SO ATHLETES MUST BE COMMITTED AND MOTIVATED IN THIS PATHWAY. THIS PATHWAY IS ALSO FOR OUR TRAVEL AND NON-TUMBLE TEAMS.

Recreational Cheer

OUR RECREATIONAL CHEER TEAMS FALL UNDER OUR BRONZE PATHWAY - THESE ARE A FANTASTIC WAY TO GET INTO CHEERLEADING IF YOU ARE NEW TO THE SPORT OR LOOKING FOR A TEAM WITH LOWER LEVELS OF COMMITMENT. THEY'RE RUN IN THE SAME WAY AS OUR COMPETITIVE TEAMS, WITH WEEKLY SESSIONS WHERE THEY WORK ON A ROUTINE, LEARNING STUNTS, TUMBLE, JUMPS AND DANCE. THEY THEN PERFORM AND OUR SHOWCASE, AND WE MAY EVEN LOOK TO HAVE THEM PERFORM AT A LOCAL COMPETITION NEXT SEASON!

OUR TIME TABLE MAY CHANGE SLIGHTLY IN THE NEW SEASON, AND DUE TO POPULAR DEMAND WE MAY ALSO SPLIT THE OLDER AGE GROUP TOO, TO CREATE A THIRD REC TEAM!

IF YOU WANT TO JOIN ONE OF OUR REC TEAMS, YOU SHOULD STILL ATTEND OUR TEAM PLACEMENTS, BUT YOU DO NOT NEED TO ATTEND A TUMBLE EVALUATION. PLEASE COMPLETE OUR REGISTRATION FORM AND SELECT THE BRONZE PATHWAY OPTION.

CURRENT REC TEAMS

SHIMMER
AGES 7-12

CURRENTLY TUESDAYS

TREASURES
AGES 4-6

CURRENTLY SATURDAYS

PLEASE NOTE, TIMETABLES MAY CHANGE SLIGHTLY FROM THIS SEASON.

Team Placements

WHAT ARE TEAM PLACEMENTS?

TEAM PLACEMENTS ARE THE OPPORTUNITY FOR ATHLETES TO SHOW OFF THEIR CURRENT SKILLS, AS WELL AS TRY NEW ONES. CHEERLEADING IS SPLIT IN LOTS OF WAYS, FROM AGES, TO SKILL LEVEL, TO WORK ETHIC... EVERYTHING PLAYS A PART! OUR COACHES PLACE ATHLETES ON THEIR TEAMS; IT'S NOT A CASE OF CHOOSING WHAT TEAM TO BE ON, AS OUR COACHES KNOW WHAT IS MOST SUITABLE TO GET THE MOST OUT OF EACH ATHLETE, AND WHERE THEY WILL THRIVE THE MOST.

ANYONE LOOKING TO JOIN A SAPPHIRE ELITE TEAM MUST ATTEND TEAM PLACEMENTS, OR ARRANGE AN ALTERNATIVE SLOT IF THEY ARE NOT ABLE TO ATTEND. THIS APPLIES TO THOSE LOOKING FOR SERIOUS COMMITMENT, AS WELL AS THOSE LOOKING TO BE A PART OF OUR DEVELOPMENT BRONZE TEAMS.

HOW ARE ATHLETES PLACED?

WHAT OUR COACHES VALUE AND LOOK AT THE MOST: WORK ETHIC, ATTITUDE, COACH-ABILITY & COMMITMENT ARE STILL ABSOLUTELY VITAL.

THESE ARE THINGS WE FOCUS ON IN ALL PATHWAYS, AND TRY TO ENCOURAGE WITH ALL OUR ATHLETES, SO THEY CAN LEARN VALUABLE LIFE SKILLS BOTH IN AND OUTSIDE OF CHEERLEADING AND GET THE MOST OUT OF THE SPORT.

WITH OUR PATHWAYS, IT MEANS WE ARE ABLE TO PLACE EVERYONE ON A TEAM NO MATTER WHAT AGE, SKILL LEVEL OR HOW EXPERIENCED THEY ARE - THERE WILL BE SOMETHING FOR EVERYONE. IT'S IMPORTANT TO REMEMBER THE TEAM YOU ARE PLACED ON IS FOR THE ATHLETES BENEFIT, AND IT IS WHERE WE FEEL THEY WILL STRIVE THE MOST AND BE THE MOST CONFIDENT IN THEIR SKILLS.

BOTH OUR SILVER & GOLD TEAMS DO HAVE A FOCUS ON SKILL, BUT MOST OF OUR SILVER TEAMS WILL NOT HAVE A MINIMUM SKILL REQUIREMENT (SOME STILL MAY), ALL OF OUR GOLD TEAMS WILL HAVE MINIMUM SKILL REQUIREMENTS IN TUMBLING WHERE APPLICABLE, HOWEVER EXCEPTIONS WILL BE MADE AT THE COACHES DISCRETION.

SOME OF OUR CURRENT ATHLETES MAY FIND THEY HAVE MOVED TO A DIFFERENT LEVELAGE DIVISION FOR THE UPCOMING SEASON, WHICH MAY ALSO BE IMPACTED BY THE RECENT CHANGES TO THE SPORT/CHEER AGE GRID FOR THE NEW SEASON, BUT IT'S IMPORTANT TO UNDERSTAND THAT THERE IS ALSO A REASON WHY OUR COACHES FEEL THAT THAT IS THE BEST PLACE FOR YOU TO FLOURISH. WE ARE TREATING THIS SEASON AS FRESH START FOR OUR ATHLETES, AND WANT ALL OF OUR COMPETITIVE TEAMS TO GO INTO COMPETITIONS FEELING CONFIDENT IN THE DIVISIONS THEY ARE COMPETING IN, WITH A FOCUS ON BEING ALL STRONG ROUND ATHLETES.

WHAT HAPPENS AT TEAM PLACEMENTS?

THIS SEASON OUR TEAM PLACEMENT SET UP WILL BE SLIGHTLY DIFFERENT. THEY ARE NOW EXPECTED TO A SEPARATE TUMBLE EVALUATION SESSION IF THEY WANT TO BE CONSIDERED FOR A SILVER OR GOLD TEAM (TINIERS EXCLUDED).

YOUR AGED SESSION WILL FOCUS ON STUNTS, JUMP AND DANCE, THE SAME AS THESE HAVE PREVIOUSLY BEEN RUN.

TUMBLE EVALUATIONS WILL BE DONE IN SMALL GROUPS, WHERE YOU'RE ASSIGNED TO A COACH TO WORK THROUGH A SKILLS LIST, BUT THIS WILL STILL BE INCREDIBLY RELAXED AND LOW PRESSURE.

ATHLETES SHOULD ARRIVE 10 MINUTES EARLY, AND WAIT OUTSIDE THE MAIN ENTRANCE OF THE GYM BUILDING. PLEASE COME IN SUITABLE SPORTS WEAR, WITH YOUR HAIR TIED UP, NO JEWELLERY AND SUITABLE INDOOR TRAINERS... PLEASE ALSO BRING PLENTY OF WATER! MINIMAL EXCESS BELONGINGS ARE ENCOURAGED, AS WE DO NOT HAVE MUCH STORAGE SPACE IN THE GYM FOR PERSONAL BELONGINGS.



Team Placements

TUESDAY 9TH JULY

AGE

TIME

LEVEL 1 TUMBLE EVALUATIONS BORN 2011 OR BEFORE 4.45PM-5.30PM

U12 STUNT SESSION BORN 2012-2017 5.40PM-7PM

LEVEL 3+ TUMBLE EVALUATIONS BORN 2016 OR BEFORE 7PM-7.45PM

OPEN & U18 STUNT SESSION BORN 2011 OR BEFORE** 8PM-9.30PM

** SOME ATHLETES BORN 2012 OR 2013 MAY BE INVITED TO ATTEND THE U18 SESSION

WEDNESDAY 10TH JULY

AGE

TIME

LEVEL 1 TUMBLE EVALUATIONS BORN 2012-2018 4.30PM-5.15PM

U6 & U8 STUNT SESSION BORN 2016-2020 5.15PM-6PM

LEVEL 2 TUMBLE EVALUATIONS BORN 2016 OR BEFORE 6.15PM-7PM

U16 STUNT SESSION BORN 2008-2013** 7PM-8.30PM

** SOME ATHLETES BORN 2014 OR 2015 MAY BE INVITED TO ATTEND THE U16 SESSION

THURSDAY 11TH JULY

TIME

NON TUMBLE TEAM CALLBACKS INVITE ONLY 8.15PM-9.45PM

ELITE LEVEL 2/3 TEAM CALLBACKS INVITE ONLY 7.45PM-9PM

WHAT SESSIONS TO ATTEND...

DUE TO CHANGES IN THE SPORTCHEER ENGLAND AGE GRID IN THE NEW SEASON, SOME ATHLETES MAY FIND THEY NOW FIT INTO A DIFFERENT BRACKET TO WHAT THEY EXPECTED NEXT SEASON. PLEASE REMEMBER AGE GRIDS ARE NOT SET BY SAPPHIRE, AND THEREFORE OUT OF OUR CONTROL, HOWEVER DECISIONS MADE BY SCE ARE IN THE BEST INTEREST OF THE SPORT.

AGE GRIDS ARE NOW SET BY BIRTH YEAR INSTEAD OF SCHOOL YEAR.

IF YOU/YOUR ATHLETES BIRTH YEAR FALLS INTO MORE THAN ONE AGE GROUP, THEY SHOULD ATTEND THE YOUNGEST AGE GROUP SESSION - FOR EXAMPLE, AN ATHLETE BORN IN 2012 SHOULD ATTEND THE U12 SESSION, WITH THE U16 SESSION OPTIONAL, PLUS THE RELEVANT TUMBLE EVALUATION.

YOU SHOULD ALSO ATTEND THE RELEVANT TUMBLE EVALUATION SESSION TO YOU IN ADDITION TO YOUR AGE GROUP UNLESS YOU ARE BORN 2019/2020, OR ONLY WANT TO BE ASSESSED ON STUNTING, DANCE & JUMPS (THIS MAY LEAVE YOU WITH MORE LIMITED OPTIONS OF TEAMS TO PLACE YOU ON)

ATHLETES INVITED TO CALL BACKS WILL BE NOTIFIED AT THE END OF THEIR RELEVANT AGE SESSION, SO PLEASE HOLD THE THURSDAY IF YOU WOULD LIKE TO BE CONSIDERED FOR A NON-TUMBLE TEAM OR LEVEL 2/3 ELITE TEAM.

PLACEMENT COSTS

NEW ATHLETES: £10
CURRENT 23-24 ATHLETES: FREE

ATHLETES CAN ATTEND AS MANY SESSIONS AS THEY FEEL APPLICABLE TO THEIR DESIRED TEAMS.

ALL ATHLETES MUST COMPLETE THE PLACEMENT FORM - YOU CAN FIND THE LINK IN THE EMAIL OR ON OUR SOCIAL MEDIA PAGES. PLEASE ENSURE YOU USE THE CORRECT FORMS FOR CURRENT VS NEW ATHLETES. IF YOU'D LIKE TO BE CONSIDERED FOR A CROSSOVER, PLEASE ATTEND THE RELEVANT SESSIONS.

Tumble Evaluations

DUE TO CONTINUAL DEVELOPMENTS IN THE SPORT, THIS SEASON WE ARE CHANGING UP OUR TEAM PLACEMENTS SLIGHTLY, HAVING SEPARATE TUMBLE SESSIONS SO WE CAN PROPERLY EVALUATE OUR ATHLETES SKILLS.

TUMBLES WILL NOT BE COVERED IN THE STANDARD AGED SESSIONS, SO YOU MUST ATTEND A TUMBLE EVALUATION FOR THESE TO BE EVALUATED. THE ONLY EXCEPTIONS ARE ATHLETES BORN 2019 OR 2020, AS THESE ATHLETES WILL COVER THEIR TUMBLES IN THEIR USUAL SESSION, OR IF YOU ARE ONLY LOOKING TO DO OUR BRONZE PATHWAY.

AS ALWAYS, WE WILL TAKE STRONG STUNTERS INTO CONSIDERATION EVEN WHEN MAKING UP OUR HIGHER LEVEL TUMBLE TEAMS, BUT YOU SHOULD STILL ATTEND THE TUMBLE EVALUATIONS. IF YOU ONLY WANT TO BE CONSIDERED FOR NON-TUMBLE, YOU DO NOT NEED TO ATTEND TUMBLE EVALUATIONS.

HOW IT WORKS:

- SELECT THE LEVEL OF TUMBLE MOST RELEVANT TO YOU/YOUR ATHLETES SKILL SET AS PER LISTED BELOW. OUR LEVEL 1 SESSIONS ARE SPLIT BY AGE DUE TO THIS BEING A POPULAR SKILL SET.
- ATTEND THE SESSION IN ADDITION TO YOUR AGED TEAM PLACEMENT SESSION.
- ARRIVE 10 MINUTES BEFORE TO BE SPLIT INTO GROUPS AND ASSIGNED TO A COACH.
- IN SMALL GROUPS, COACHES WILL SLOWLY WORK THROUGH THE SKILLS LIST WITH THE ATHLETES.
- TO ATTEND LEVELS 2 OR 3+, YOU SHOULD BE ABLE TO CONFIDENTLY DEMONSTRATE MULTIPLE SKILLS ON THE SKILLS LIST.

LEVEL 1 SKILLS

IF YOU ARE NEW TO TUMBLING, PLEASE ATTEND A LEVEL 1 EVALUATION SESSION AS THIS IS ENTRY LEVEL.

FORWARD ROLL
BACKWARD ROLL
CARTWHEELS
ROUND OFF
BACK BEND KICK OVER
BACK WALKOVER
FORWARD WALKOVER

LEVEL 2 SKILLS

MUST BE ABLE TO DEMONSTRATE ALL LEVEL 1 SKILLS, PLUS X2 OF THE ADDITIONAL LEVEL 2 SKILLS BELOW

STANDING BACK HANDSPRING
ROUND OFF BACK HANDSPRING
ROUND OFF DOUBLE BACK HANDSPRING
FRONT HANDSPRING
FORWARD WALKOVER BACK HANDSPRING
T-JUMP BACK HANDSPRING

LEVEL 3+ SKILLS

MUST BE ABLE TO DEMONSTRATE ALL LEVEL 2 SKILLS, PLUS X2 OF THE ADDITIONAL LEVEL 3+ SKILLS BELOW

STANDING DOUBLE BACK HANDSPRING
TOE-TOUCH BACK HANDSPRING
ROUND OFF TUCK
ROUND OFF FLICK TUCK
STANDING BACK HANDSPRINGS TO TUCK
ROUND OFF LAYOUT
ROUND OFF WHIP TO BACK HANDSPRING
ROUND OFF FULL TWIST
STANDING/JUMP TUCK



Costs

	BRONZE	SILVER	GOLD	
INSURANCE	£15.99	£15.99	£15.99	ONE OFF YEARLY PAYMENT SET BY IGA. MAY INCREASE SLIGHTLY AS THIS IS BASED ON 2023 PRICING.
JOINING FEE	NA	£35	£35	ONE OFF PAYMENT TO ACCEPT PLACE ON YOUR TEAM, COVERING ADMIN, MUSIC CONTRIBUTION & TRAINING TOP
CHOREOGRAPHY	NA	TBC	TBC	THIS IS A ONE OFF FEE THAT COVERS MUSIC AND ADDITIONAL TRAINING HOURS. THE COST IS DETERMINED BY THE AMOUNT OF ATHLETES ON EACH TEAM TO HELP KEEP IT AS LOW AS POSSIBLE.
UNIFORM TOP	£15	£75 (NOVICE TOP & SHORTS) £97 (PREP TEAMS)	£87	COMPULSORY FOR COMPETITIVE TEAMS IN OUR GOLD AND SILVER PATHWAY. NOVICE TEAMS IN OUR SILVER PATHWAY HAVE A CHEAPER UNIFORM - COST INCLUDED TOP AND SHORT.
UNIFORM SKIRT	NA	£45 (PREP TEAMS)	£45	THE SKIRT IS THE SAME FOR OUR COMPETITIVE TEAMS ACROSS SILVER AND GOLD. UNLESS YOU ARE ON A NOVICE TEAM. YOUTH & JUNIOR GOLD TEAMS ALSO REQUIRE MESH INSERT OF £20.
BOW	£15	£15	£15	BOWS ARE DIFFERENT BETWEEN OUR PATHWAYS, AND COMPULSORY FOR ALL ATHLETES ON COMPETITIVE TEAMS

MONTHLY SUBS

SUBS ARE PAID MONTHLY BY DIRECT DEBIT OVER 11 MONTHS OF THE YEAR. IF YOU ARE ON MORE THAN ONE TEAM, YOUR SECOND TEAM COST IS THE CROSSOVER COST.

THE TEAM TRAINING TIMES ARE BASED ON A X1 WEEKLY TEAM SESSION, AND ALSO COVERS ADDITIONAL EXTRA TRAININGS BEFORE COMPETITIONS (SILVER & GOLD ONLY)

MONTHLY COST	FIRST TEAM	CROSSOVER	PATHWAYS
45 MINUTE TEAM	£42	NA	BRONZE
1 HOUR TEAM	£47.50	NA	BRONZE & SILVER
1.5 HOUR TEAM	£51	£35.50	SILVER & GOLD
2 HOUR TEAM	£54	£37.80	SILVER & GOLD
2.5 HOUR TEAM	£58.50	£40.95	GOLD

Pre-season Training

AUGUST 2024

THIS SEASON, WE ARE INTRODUCING PRE-SEASON TRAINING FOR ALL OF OUR COMPETITIVE TEAMS IN ORDER TO BEST PREPARE FOR THE SEASON AHEAD. WE UNDERSTAND THAT THERE ARE A LOT OF ATHLETES THAT MAY HAVE HOLIDAYS IN THIS TIME, SO THE ATTENDANCE POLICY WILL NOT BE IN PLACE. THIS IS WHAT A NUMBER OF PROGRAMS ARE NOW BRINGING IN, AND IT'S SHOWING TO BE INCREDIBLY SUCCESSFUL. IT'S ALSO A FANTASTIC TIME FOR ATHLETES TO GET TO KNOW THEIR TEAM MATES AND COACHES, WORK ON WHAT SKILLS THEY NEED FOR THE ROUTINE, AND LOOK AT POSSIBLE STUNT GROUPS.

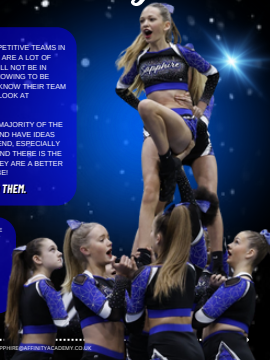
THIS IS TECHNICALLY OPTIONAL, AS WE KNOW SOME ATHLETES MAY BE AWAY FOR MAJORITY OF THE MONTH, HOWEVER COACHES WILL UTILISE THIS TIME TO GET TO KNOW ATHLETES AND HAVE IDEAS FOR THE TEAM & ROUTINE, SO THEREFORE HIGHLY ENCOURAGE ATHLETES TO ATTEND, ESPECIALLY FOR OUR GOLD PATHWAY TEAMS. TEAMS WILL CO-TRAIN WITH ONE OTHER TEAM, AND THERE IS THE POSSIBILITY ATHLETES MAY MOVE TO ANOTHER TEAM/PULLED UP IF THEY THINK THEY ARE A BETTER FIT, SO IT'S A GREAT CHANCE TO SEE WHAT OTHER OPPORTUNITIES THERE MIGHT BE!

THE COST IS £35 FOR THE 4 WEEKS, COVERING THE ASSIGNED SESSIONS TO THEM.

OUR SUMMER TIMETABLE WILL MEAN A REGULAR SLOT WILL BE ASSIGNED TO EACH TEAM SO THEY ARE ABLE TO TRAIN IN THE TEAMS THEY WILL COMPETE IN FOR THE SEASON AHEAD. LOCATION WILL LIKELY BE OUR GOFPS GYM, BUT SOME LOWER LEVELS MAY TRAIN IN OUR HODDESDON HQ.

DATES: 5TH AUGUST - 28TH AUGUST

TEAM TRAININGS WILL START FROM WIC 2ND SEPTEMBER, AND THE ATTENDANCE POLICY IS IN PLACE FROM THIS DATE ONWARDS. WE ASK THAT COACHES ARE STILL NOTIFIED OF ABSENCES IN AUGUST SO THEY ARE ABLE TO PLAN THE SESSIONS ACCORDINGLY.



Competitions

COMPETITIONS ARE SOME OF THE BEST WEEKENDS IN THE CHEERLEADING CALENDAR, AND AFTER FEEDBACK, WE'RE PLANNING TO ATTEND SOME OF THE LARGER COMPETITIONS NEXT SEASON, INCLUDING SOME FURTHER AWAY WHICH REQUIRE HOTEL STAYS. PLEASE NOTE, THESE ARE ALL PRELIMINARY DUE TO EVENT PROVIDERS STILL NOT RELEASING ALL INFORMATION. WE ALSO HAVE A LIMITED OPTION OF EP'S OFFERING NOVICE & PREP DIVISIONS TOO, WHICH DOES LIMIT OPTIONS TO TAKE THE ENTIRE PROGRAM TOO.

BEING ON A COMPETITIVE CHEER TEAM IS EXPENSIVE, SO PLEASE ENSURE YOU CAN FULLY COMMIT WHEN SELECTING EITHER A SILVER OR GOLD PATHWAY OPTION. ATHLETES ON A COMPETITIVE TEAM WILL NEED TO COMMIT TO EVERY COMPETITION IN THE CALENDAR.

PLEASE NOTE THAT THE COSTS BELOW ARE ALSO A GUIDE BASED ON THE 2023-2024 SEASON OR THE INFORMATION WE CURRENTLY HAVE ACCESS TO FROM EP'S - THESE WILL BE CONFIRMED IN OUR ATHLETE PACK RELEASED WITH TEAM PLACEMENTS.

	DATE	LOCATION	POTENTIAL TEAMS	COST	CROSSOVER
LEGACY JUST BELIEVE	15TH-16TH FEB	WEMBLEY	SELECT TEAMS ONLY	£60	£35
JAMFEST RISE OF THE REGIONS	1ST-2ND MARCH	TELFORD	SELECT TEAMS ONLY	TBC	TBC
BCA SPRING SPIRIT	5TH-6TH APRIL	K2 CRAWLEY	SILVER & GOLD	£52	£37
TRAVEL TEAM COMPETITION	EARLY MAY	NORDICS	TRAVEL TEAM(S) ONLY	TBC	TBC
ICE BLAST	10TH-11TH MAY	K2 CRAWLEY	SILVER & GOLD	£27.50	£22.50
BCA NATIONALS	24TH-25TH MAY	TELFORD	SILVER & GOLD	£52	£37
LEGACY NATIONALS	7TH-8TH JUNE	BIRMINGHAM	SILVER & GOLD	£60	£35
FUTURE CHEER NATIONALS	20TH/21ST/22ND JUNE	BOURNEMOUTH	GOLD ONLY	£54	£35

THE ABOVE IS JUST A GUIDE AND COMPETITIONS WILL BE FULLY CONFIRMED WHEN WE RELEASE OUR ATHLETE PACK AFTER PLACEMENTS. WE WILL NOT BE ATTENDING ALL OF THE ABOVE - SILVER TEAMS WILL LIKELY DO 4 COMPETITIONS & GOLD TEAMS 5-6 COMPETITIONS.





Non Tumble Teams



THIS SEASON, WE HAD SOME OF THE MOST SUCCESSFUL NON TUMBLE TEAMS IN THE UK... AND IT WAS ONE OF OUR FIRST SEASONS EXPANDING!

AS THE AGE GRID CHANGES, NEW DIVISIONS HAVE BEEN CREATED TO OFFER MORE NON TUMBLING DIVISIONS, WHILST ALSO INTRODUCING MINIMUM TEAM SIZES FOR SOME LEVELS, THIS MAKES IT DIFFICULT TO PREDICT WHAT NON TUMBLE TEAMS WE WILL HAVE NEXT SEASON AHEAD OF TEAM PLACEMENTS, AS IT ALL DEPENDS ON THE TALENT WE HAVE WALK THROUGH THE DOOR!

AFTER THE SUCCESS OF BOTH BLACK MAGIC & GOLDEN GIRLS, WE WOULD LOVE TO CONTINUE TO GROW IN THESE LEVELS AS WE HEAD INTO THE 2024-2025 SEASON.

ON OUR TEAM PLACEMENT FORM, YOU CAN SELECT IF YOU WOULD ONLY LIKE TO BE CONSIDERED FOR OUR NON TUMBLE TEAMS, BUT PLEASE BE AWARE THIS WILL LIMIT TEAM OPTIONS AND THERE IS NO GUARANTEE YOU WILL BE PLACED ON ONE.

GOLDEN GIRLS - NON TUMBLE 5/6

AFTER AN INCREDIBLY SUCCESSFUL FIRST SEASON IN THE NON-TUMBLE LEVEL 5 DIVISION, OUR GOLDEN GIRLS ARE BACK AND READY TO PUSH THEIR SKILLS EVEN FURTHER.

IN THE NEW SEASON, GOLDEN GIRLS WILL BE A WEEKLY TEAM, TRAINING ONCE A WEEK, LIKELY FOR 2.5 HOURS.

ATHLETES WHO WANT TO BE CONSIDERED FOR THIS TEAM MUST SHOWCASE A CERTAIN LEVEL OF STUNT SKILLS AND A FANTASTIC ATTITUDE. WE ARE DRIVING FORWARD THIS SEASON AND WANT ATHLETES WHO ARE FULLY ON BOARD WITH OUR VISION. PROVIDING THIS HAPPENS, WE MAY AIM TO COMPETE IN THE NON-TUMBLE LEVEL 6 DIVISION BY THE END OF THE SEASON, BUT ONLY IF WE CAN SO COMPETITIVELY & CONFIDENTLY.

WE RECOMMEND TRAINING CERTAIN SKILLS AHEAD OF OUR TRYOUTS TO BUILD UP YOUR SKILL SET. IF YOU'D LIKE MORE INFORMATION ON WHAT OUR COACHES WILL BE LOOKING FOR, PLEASE EMAIL US AT SAPPHIRE@AFFINITYACADEMY.CO.UK.

FOR TEAM PLACEMENTS, PLEASE ATTEND OUR TUESDAY OPEN & U18 SESSION ON TUESDAY & HOLD THE THURSDAY FOR A POTENTIAL CALL BACK IF YOU ARE BEING CONSIDERED.

ATHLETES MUST BE BORN 2009 OR BEFORE AND ABLE TO COMMIT TO THE ENTIRE SEASON.

Travel Team

OUR TRAVEL TEAM COMPETES AT ALL COMPETITIONS THROUGHOUT THE SEASON, INCLUDING AN ADDITIONAL COMPETITION ABROAD - IT'S A FANTASTIC EXPERIENCE FOR OUR ATHLETES TO VISIT AND COMPETE IN A NEW LOCATION, SHARE IN THE CULTURE AND MAKE AN INCREDIBLY STRONG BOND WITH THEIR TEAMMATES AND COACHES.

THIS SEASON, WE ARE OPENING UP OUR TRAVEL TEAM TO MAKE IT MORE ACCESSIBLE FOR MORE ATHLETES.

IF YOU/YOUR ATHLETES WOULD LIKE TO BE CONSIDERED, PLEASE ENSURE YOU CAN MEET THE BELOW REQUIREMENTS AND SELECT THE OPTION ON OUR REGISTRATION FORM WHERE IT ASKS IF YOU'D LIKE TO BE CONSIDERED. WE WILL THEN BUILD A TEAM OF ATHLETES WHO OPT IN TO THIS, AND SELECT THE MOST APPROPRIATE DIVISION TO COMPETE IN. PLEASE NOTE, SELECTING THIS WILL NOT GUARANTEE A POSITION ON THE TEAM IF THE COACHES DO NOT FEEL YOU ARE THE BEST FIT. IF WE HAVE HIGH INTEREST THOUGH, WE MAY EVEN CONSIDER TAKING A NOVICE/PREP LEVEL TEAM.

PLEASE NOTE, YOU MUST BE ABLE TO MAKE ALL COMPETITIVE DATES BELOW, AS WE ARE YET TO CONFIRM WHAT COMPETITION WE WILL FULLY COMMIT TO YET. BEING ON A TRAVEL TEAM ALSO REQUIRES A LARGER FINANCIAL COMMITMENT AS IT IS ALL SELF FUNDED, SO PLEASE TAKE THIS INTO CONSIDERATION WHEN DECIDING IF THIS IS THE RIGHT FIT FOR YOU.

COMPETITION

DATES

LOCATION

FUTURE CHEER AMSTERDAM

10TH MAY

AMSTERDAM, HOLLAND

JAMFEST NORDIC

10TH-11TH MAY

NYKÖPING, SWEDEN

TSN SWITZERLAND

17TH-18TH MAY

SWITZERLAND

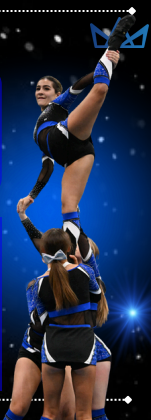
THE ABOVE COMPETITION OPTIONS ARE JUST AN IDEA AND WE WILL ONLY COMMIT TO ONE OF THEM.

PLEASE NOTE, WE WILL PLAN TO ARRIVE 1-2 DAYS PRIOR TO COMPETITION, AND DEPART THE DAY AFTER. THIS MAY REQUIRE TIME OFF SCHOOL FOR SOME ATHLETES, BUT WE CAN SUPPLY A LETTER FOR PERMISSION IF NECESSARY.

EVERYONE WILL STAY IN THE SAME HOTEL, IDEALLY ALSO ON THE SAME FLIGHTS. ATHLETES UNDER 18 SHOULD ALSO HAVE AN ACCOMPANYING ADULT WITH THEM ON THE TRIP. IF AN ATHLETE'S OWN PARENT/GUARDIAN IS NOT ABLE TO ATTEND WITH THEM, ANOTHER PARENT MUST BE ABLE TO TAKE RESPONSIBILITY FOR THE ATHLETE AND BE THEIR CHAPERONE FOR THE TRIP - THE COACHES WILL NOT BE RESPONSIBLE FOR ATHLETES.

REQUIREMENTS

- MUST BE BORN 2017 OR BEFORE
- MINIMUM TUMBLE REQUIREMENT OF A BACK WALKOVER (THIS IS JUST THE MINIMUM REQUIREMENT, AS WE MAY ENTER A DIVISION HIGHER THAN LEVEL 1 IF APPROPRIATE)
- CAN COMMIT TO ALL COMPETITION DATES
- HAS A FANTASTIC WORK ETHIC AND ATTITUDE BOTH IN AND OUT OF TRAINING



Supporting Classes

STRETCH & FLEX

OUR STRETCH AND FLEX CLASSES ARE BENEFICIAL FOR ATHLETES ACROSS THE SPORT, NOT JUST FLYERS. IT AIDS IN BOTH TUMBLE AND JUMPS, AS WELL AS FLYER SKILLS.

WE INTRODUCED THESE LAST SEASON, BUT THIS SEASON WE WANT TO DRIVE THESE EVEN MORE WITH PASSIONATE COACHES WHO WANT TO CONTINUE TO FIND NEW WAYS TO ENCOURAGE ATHLETES AND KEEP THEM ENGAGED.

CHEERLEADING AS A SPORT HAS SEEN A HUGE INCREASE IN FLEXIBILITY IN RECENT YEARS, WHICH IS WHY THESE CLASSES ARE SO VITAL.

WE WILL AIM TO CONTINUE TO RUN X2 WEEKLY SESSIONS SO THAT THESE ARE ACCESSIBLE TO OUR ATHLETES. HOMEWORK AND REGULAR CHECK INS WILL BE A PART OF SIGNING UP TO THIS, AS REGULAR STRETCHING AND CONDITIONING IS THE ONLY WAY TO SEE IMPROVEMENT.

THESE CLASSES ARE OPEN TO ALL OUR ATHLETES, BUT IDEALLY AGES 6+ DUE TO HAVING A LEVEL OF SELF MOTIVATION REQUIRED OUTSIDE OF THE TIME TABLED CLASSES.

ANY ATHLETES ON OUR GOLD PATHWAY TEAMS ARE ENCOURAGED TO ATTEND THESE SESSIONS, IN PARTICULAR THOSE WHO WANT TO IMPROVE AND MAINTAIN THEIR SKILLS AS A FLYER AND WORK ON THEIR BODY CONTROL.

TUMBLE CLASSES

OUR TUMBLE CLASSES ARE BACK THIS SEASON, AND WE ONCE AGAIN ENCOURAGE ALL OUR ATHLETES TO ATTEND THESE TO DEVELOP THEIR TUMBLE SKILLS!

CHEERLEADING IS BECOMING EVER MORE TUMBLE DOMINANT, WITH MORE AND MORE NEED TO HAVE THE SKILLS IF YOU WANT TO PROGRESS THROUGH THE LEVELS. SOME OF OUR TEAMS THIS SEASON WILL ALSO HAVE A MINIMUM TUMBLE REQUIREMENT IN ORDER TO BE CONSIDERED.

WE HAVE SOMETHING FOR EVERYONE, FROM COMPLETE BEGINNERS STILL WORKING ON CARTWHEELS, ALL THE WAY UP TO OUR ELITE CLASS SUITABLE FOR ATHLETES WORKING LAYOUTS AND FULL TWISTS!

DUE TO EXPANDING OUR COACHING TEAM, WE HAVE SOME BRAND NEW COACHES WITH A STRONG PASSION FOR TUMBLING READY TO PUSH THESE CLASSES IN THE NEW SEASON. WE ALSO OFFER CLASSES LEAD BY OUR FANTASTIC GYM COACHES FROM AFFINITY AS AN ALTERNATIVE OPTION.

ANYONE ON A GOLD PATHWAY TUMBLING TEAM IS EXPECTED TO ATTEND WEEKLY TUMBLE CLASSES IN ORDER TO PUSH THEIR SKILLS, AS WELL AS FOCUSING ON TECHNIQUE AND CONDITIONING IN THESE SESSIONS.

Register to join us!

EXISTING ATHLETES FROM 2023-2024

OUR CURRENT ATHLETES RETURNING FOR THE NEW SEASON MUST REGISTER VIA THEIR CURRENT LOVEADMIN ACCOUNT USING THE NECESSARY FORM.

CURRENT ATHLETES DO NOT NEED TO PAY FOR TEAM PLACEMENTS.

YOU MUST COMPLETE THE FORM BEFORE YOU ATTEND PLACEMENTS SO OUR COACHES KNOW WHO IS ATTENDING AND WHAT YOUR AIMS ARE FOR THE NEW SEASON AHEAD.

NEW ATHLETES

IF YOU'RE NEW TO US, THEN WE'RE ALREADY LOOKING FORWARD TO MEETING YOU AND WELCOMING YOU TO THE SAPPHIRE FAMILY!

IF YOU HAVE ANY QUESTIONS, PLEASE DON'T HESITATE TO REACH OUT TO OUR COACHES VIA EMAIL AT SAPPHIRE@AFFINITYACADEMY.CO.UK AND WE'LL BE MORE THAN HAPPY TO HELP WITH ANY QUESTIONS YOU MAY HAVE.

PLEASE USE THE LINK HERE TO REGISTER NOW.

TEAM PLACEMENTS ARE £10 PER NEW ATHLETE, PAYABLE WHEN YOU COMPLETE THE FORM. PLEASE ENSURE YOU HAVE READ THE PACK FULLY BEFORE COMPLETING IT!

PLEASE REMEMBER, EVERYTHING IN OUR PACK IS A GUIDE BASED ON THE CURRENT INFORMATION WE CAN PROVIDE. EXTERNAL COSTS AND DATES FOR THINGS SUCH AS COMPETITIONS MAY VARY, BUT WILL BE CONFIRMED WHEN PLACEMENTS ARE RELEASED.

