

Charlton Rocks

CHEERLEADING ACADEMY



S6: 2023-2024 SEASON INFORMATION PACK

Welcome to Charlton Rocks Cheerleading Academy!

Thank you for your interest in joining us for the 2023-2024 season.

Please read this 23-24 season information pack carefully before committing to the club.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

23-24 PACK CONTENT

[Page 1\) Welcome](#)

[Page 2\) Content](#)

[Page 3\) Our Aim](#)

***** All Members Please Read*****

[Page 4\) Training We Provide](#)

[Page 5\) What To Expect During Our Classes pt1](#)

[Page 6\) What To Expect During Our Classes pt2](#)

[Page 7\) Competition Team Tryouts](#)

***** All Members Please Read*****

[Page 8\) Class Timetable](#)

***** All Members Please Read*****

[Page 9\) Club Fees](#)

***** All Members Please Read*****

[Page 10\) Training Fee Discounts](#)

[Page 11\) 1-2-1 Bookable Slots With A Coach](#)

[Page 12\) Club Closures](#)

***** All Members Please Read*****

[Page 13\) Events Calander](#)

***** Competitive Members Please Read*****

[Page 14\) International Competition](#)

***** Competitive Members Please Read*****

[Page 15\) Athlete Holiday Policy](#)

***** Competitive Members Please Read*****

[Page 16\) Absence Policy](#)

***** All Members Please Read*****

[Page 17\) Strike Policy](#)

***** Competitive Members Please Read*****

[Page 18\) Leaving Policy](#)

***** All Members Please Read*****

[Page 19\) Club Communication Group](#)

***** All Members Please Read*****

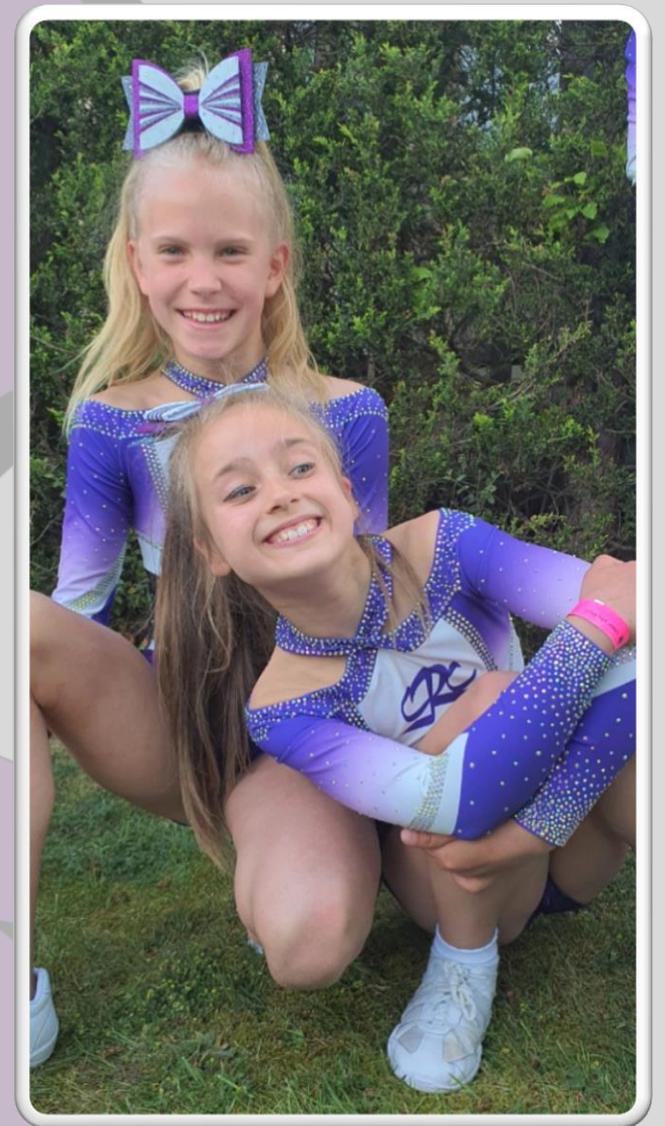
[Page 20\) Social Media & Club Music Policy](#)

***** All Members Please Read*****

[Page 21\) Club Kit](#)

[Page 22\) Club Volunteering](#)

[Page 23\) Additional Club Information](#)



Come Join us for
SEASON 6

CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

OUR AIM

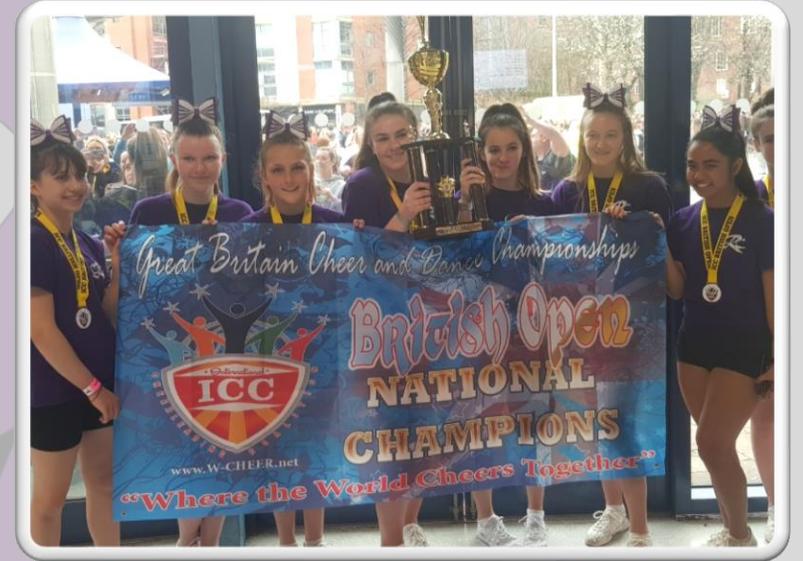
Our aim is to encourage young people to engage in regular physical activity and to help teach valuable skills such as: self-confidence, respect, trust, discipline, sportsmanship, teamwork, resilience, leadership, commitment, and good communication to name a few. These are all essential life skills we hope our members can learn whilst with us and continue to use throughout their futures. We aim to be much more than just a club, but a family where all our members feel safe and supported.

We provide All-star cheerleading classes for participants aged 4 years upwards and cater for everyone regardless of gender, ability or previous experience. Whether you would like a low commitment team just for fun or the opportunity to compete, we have a class for you!

Our goal is to provide high quality training on the doorsteps of Andover (and the surrounding area) residents. We do not believe athletes should have to travel miles to larger clubs for the opportunity of success.

Based in the Salto Centre, we have access to a fully equipped gym with: Full 9 Panel Sprung Floor, 2 Sunken Trampolines, 2 Raised Trampolines, 2 Tumble Tracks, 1 Fast Track, Spotting rigs and Foam Pit. Gym facilities really do not get much better than this!

Our excellent coaching team are BGU or British Gymnastics qualified with years of experience in gymnastics and/or cheerleading with Regional, European and Worldwide success. Our coaches are ready to provide specialist training to all members to develop their skills and achieve their goals.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

TRAINING WE PROVIDE

At Charlton Rocks Cheer we provide All-Star Cheerleading training. This involves athletes working together in groups to create routines filled with: Stunts (lifting, throwing and catching each other), Tumbling (Individual skills such as Cartwheels, Handsprings & Somersaults), Jumps and Dance. This is much different to the tradition cheerleading with Pom Poms that most people think of. Cheerleading has evolved as a sport and although the Pom Pom style of cheer is still around, we do not offer this.

We offer 2 types of training:

- 1) Competitive Teams
- 2) Non-Competitive Classes

Competitive Cheerleading (Not with Pom Poms)

This is for athletes who would like the opportunity to perform in competitions around England. All athletes must Tryout to be considered for our competitive teams. Placements are not guaranteed and are dependent on age, ability and attitude during team training. Our competitive teams require a high level of commitment. As a club we will only compete members who are age 5 years upwards. Please see tryout pack for more info.

Cheer 4 Fun also known as C4F (Non-Competitive Class)

These classes are for anyone who would like to learn cheer. C4F is perfect for anyone who would prefer a low commitment class or for members needing to develop their skills for a competitive team placement. Our C4F classes start from Age 4yrs Upwards and are for all genders. Everyone is welcome to join Cheer 4 Fun from complete beginners to advanced. Please email us to book a C4F taster class.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

WHAT TO EXPECT DURING OUR CLASSES PT1

Competitive Team Training (Weekdays)

Competitive Team Classes focus on building muscle memory and confidence through practicing routine sections such as: Jumps, Dance, Tumbles (timing of existing skills) and Stunting on our Full 9 panel sprung floor.

Competitive athletes work extremely hard to learn and perfect high intensity routines filled with the above components which they perform at competitions.

Learning to Stunt safely and correctly takes a considerable amount of time because of its complex nature. Some stunts such as pyramids involved every team member working together at once, therefore it can be challenging and time consuming to learn. For this reason, we do not spend time learning new tumble skills during our Team Sessions. Instead, athletes attend a tumble training class each week.

Cheer 4 Fun Classes (Weekdays)

C4F Classes include: Games, Team Bonding Exercises, Conditioning (body strengthening exercises), Jumps, Stunts, Dance, Flexibility and some Tumbles however tumble is limited due to us having a separate tumble class.

These classes focus on slowly and safely developing cheerleading skills while making new friendships and building confidence in a fun and relaxed environment.

Please email to book a C4F Taster Class.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

WHAT TO EXPECT DURING OUR CLASSES PT2

Tumble Class (Saturday)

For athletes Age 5yrs Upwards. Tumble skills are an individual part of cheerleading. Our Tumble sessions focusing on developing each athletes' individual tumble skills needed for their competition team routines & future seasons. Athletes have full access to all equipment in the gym, which allows our athletes the best opportunity to maintain and continually develop their tumble skill in a safe environment.

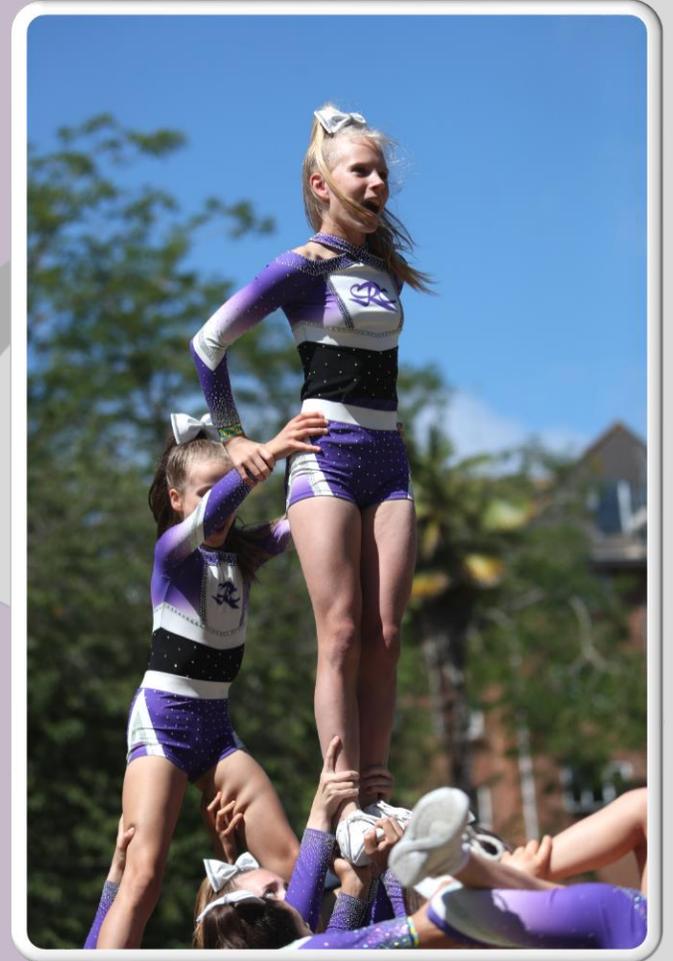
In these Saturday Tumble sessions, the CRC Coaching team are joined by highly successful Andover Gymnastics Tumble Coaches (World, European & British Championship titles). Together we offer British Gymnastics and BGU qualified Coaches with years of knowledge and coaching experience to train our athlete to the highest standards. Classes are split by athlete ability and athletes will move up or down classes depending on their skill progress.

Flyer Class (Weekdays)

For all athletes Age 5yrs Upwards. This class give athletes the opportunity to improve and develop their flyer skills. This class will focus on, confidence and performance while in the air, flexibility, body control drills to improve technique and flyer specific conditioning.

Level 2 & Level 3 Development Class (INVITE ONLY)

We want to create a pathway for our athletes to move up the levels in cheer. Athletes may be invited (dependent on their age and ability) to this class to improve & develop higher level stunting skills. The idea of this it to get athletes ready with higher level skills to compete them the following season.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

COMPETITION TEAM TRYOUTS

Anyone who is Age 5yrs Upwards and would like the opportunity to join our competitive teams must attend Tryouts. This is for non-club members as well as returning CRC member. Our coaches will evaluate each athletes' skills during Tryouts and based on an athletes age and ability, they may be offered a 23-24 competitive placement. Team placements are not guaranteed. If an athlete is not offered a competitive placement, they will be offered a C4F placement to develop the skills they require as an alternative.

We will hold 23-24 Competitive Team Tryouts on Tuesday 18th, Wednesday 19th, Friday 21st July 2023. Tryout dates will be split by age to assess individual skills. Anyone who would like to tryout as a Flyer should also book a Flyer Evaluations on Saturday 22nd July 2023.

Athletes may be invited to attend Call Backs for stunt evaluations on Saturday 22nd July 2023, so please keep this date free.

If you are unable to attend Tryouts, please book a Video Tryout. You will need to send us videos of your skills. (Tumble skills must be filmed withing the last year) The Deadline date to send in videos is Saturday 22nd July 2023.

Tryouts results will be communicated to you via email by 12pm on Monday 24th July 2024.

Please go to our website to read our 23-24 Competition Team Information Pack for full tryout details and to book your Tryouts!

Team Training will begin Tuesday 25th July 2023 with a Team Bonding Week, however the New 23-24 Season & New Training Fees will begin the following week (1st week August 2023).



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

23-24 CLASS TIMETABLE

Competitive Member Training

Minimum of 2 times per week: 1 Team Class and 1 Tumble Class. (Both classes are compulsory)

Cheer 4 Fun Member Training

Minimum of 1 time per week (C4F Class) with the option of 2 times per week if they attend a Tumble class.

(Tumble class starts from Age 5+)

Any athlete wishing to fly is encouraged to attend the weekly flyer class.

THIS TIMETABLE IS TENTATIVE AND SUBJECT TO CHANGE AFTER TRYOUTS.

DAY	TIME	CLASS/TEAM	TYPE	DIVISION	LEVEL	AGE
MONDAY	5:00-6:00PM	1-2-1 (BOOKABLE SLOT)	1HR INDIVIDUAL COACHING	N/A	LEVEL 1 +	4YRS +
MONDAY	6:00-7:00PM	FLYER CLASS	DEVELOPMENT CLASS	N/A	LEVEL 1 +	5YRS +
MONDAY	7:00-8:00PM	L2/L3 STUNT CLASS	DEVELOPMENT CLASS	N/A	LEVEL 2 +	9YRS + (OR COACHES INVITE)
WEDNESDAY	5:30-7:30PM	SLATE (YOUTH)	COMPETITION TEAM	PREP	LEVEL 1	7YRS-11YRS
WEDNESDAY	7:00-9:00PM	LANITE (JUNIOR)	COMPETITION TEAM	ALLSTAR	LEVEL 2	8YRS - 14YRS
FRIDAY	4:30-5:30PM	C4F TINIES (CHEER 4 FUN)	RECREATIONAL CLASS	N/A	LEVEL 1	4YRS - 5YRS
FRIDAY	5:30-7:00PM	C4F YOUTH (CHEER 4 FUN)	RECREATIONAL CLASS	N/A	LEVEL 1 +	6YRS - 11YRS
FRIDAY	5:30-7:00PM	FLINT (YOUTH)	COMPETITION TEAM	NOVICE	LEVEL 1	6YRS - 11YRS
FRIDAY	7:00-8:30PM	C4F SENIOR (CHEER 4 FUN)	RECREATIONAL CLASS	N/A	LEVEL 1 +	12YRS +
FRIDAY	7:00-9:00PM	HENDRIX (SENIOR)	COMPETITION TEAM	ALLSTAR	LEVEL 1	11YRS +
SATURDAY	9:00-10:30AM	TUMBLE CLASS 1 (SPLIT BY ABILITY)	TUMBLE CLASS	N/A	LEVEL 1	5YRS +
SATURDAY	10:30-12:00PM	TUMBLE CLASS 2 (SPLIT BY ABILITY)	TUMBLE CLASS	N/A	LEVEL 2 +	7YRS +
SUNDAY	9:00-1:00PM	1-2-1 (BOOKABLE SLOTS)	1HR INDIVIDUAL COACHING	N/A	LEVEL 1 +	AGE 4+



Come Join us for
SEASON 6

CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

CLUB FEES

Registration Fees

All Club Members are required to pay a Yearly Registration Fee at the start of each season/ when joining the club. This Covers: Sport Cheer England Club Membership, Club Insurance, Music, CRC Drawstring Bag.

Training Fees

All training fees are due at the start of each month.

An invoice requesting your training Fee Payment will be sent to you by email each month. Invoice payments are due within 7 Days of receiving. Late payments may incur a charge.

Payments should be made by bank transfer to the below account details:

Tierney Daley
 SORT CODE: 04-29-09
 ACCOUNT NUMBER: 01403397
 Revolut Ltd

*Please use your invoice number or your athletes First Initial and Surname as reference for all bank transfer payments.

Class/Team	Training Provided	Price
Competition Team ALLSTAR/PREP ATHLETE	1 Team Class & 1 Tumble Class each week	£70 per month
Competition Team NOVICE ATHLETE	1 Team Class & 1 Tumble Class each week	£65 per month
Competition Team CROSSOVER ATHLETE	2 Team Classes & 1 Tumble Class each week	£85 per month
Cheer 4 Fun Tinies (Age 4)	1 C4F Class each week	£50 per month
Cheer 4 Fun Tinies (Age 5)	1 C4F Class & 1 Tumble Class each week	£60 per month
Cheer 4 Fun Youth & Cheer 4 Fun Senior	1 C4F Class & 1 Tumble Class each week	£70 per month
Taster Class (For New Members Age 5+)	1 C4F Class & 1 Tumble Class (Taster Class Combo)	£15 per class combo
Taster Class (For New Members Age 4+)	1 C4F Class Only	£12.50 per class
L2/L3 Stunt Class (Age 9+ or Coach Invite)	1 Stunt Class each week	£20 per month
Flyer Class (Age 5+)	1 Flyer Class each week	£20 per month

All CRC Members must pay a yearly £50 Registration Fee. This is due at the start of the season or when joining the club as a full member.



Come Join us for
SEASON 6

CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

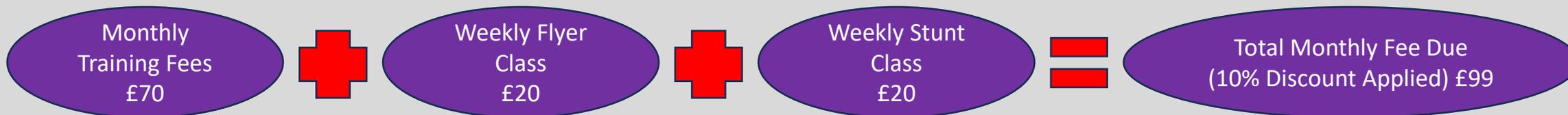
TRAINING FEE DISCOUNTS

Dev Class Discount

- Athletes on 1 Competition Team or In a C4F Class: If your athlete attends both Weekly Development Classes (Flyer Class and Stunt Class), you will qualify for a 10% Dev Class Discount on your total monthly training fees.
- Crossover Competition Athletes: If your athlete attends 1 or more Weekly Development Classes (Flyer Class and/or Stunt Class), you will qualify for a 10 % Dev Class Discount on your total monthly training fees.

(Dev Class Discount does not apply to: Tumble Class, 1-2-1 Bookable Slots, or any additional ad hoc classes/camps/open gyms that are not shown on the weekly timetable)

Example: Monthly Training Fees for an Allstar/Prep Competition Athlete (on 1 team) who attends both Dev Classes:



Sibling Discount

- If your household has 2 or more children who are full CRC members, you will qualify for a 10% Sibling Discount. This discount will be applied to the overall total of your monthly training fees.

Example 1: Household with 2 children who are both on 1 Allstar/Prep Competition Team but do not attend any Weekly Dev Classes.



Example 2: Household with 2 children. Child A is on 1 Allstar/Prep Competition Teams but does not attend any Weekly Dev Classes. Child B is on 1 Allstar/Prep Competition Team and attends both Weekly Dev Classes.



1-2-1 BOOKABLE SLOTS WITH A COACH

We have received many request for 1-2-1 classes, so this season these will be offered! This will be either on a Monday or Sunday running at the same time as AGC Competitive Tumble so we can offer 1-2-1 classes cheaper.

1-2-1 classes are a fantastic way for athletes to have an individually tailored session and to work with a coach without distraction from others. In a large group setting in is not possible for coaches to give athletes feedback and corrections on every exercise performed, however this is possible with 1-2-1 sessions increasing athlete skill development.

Please be realistic in your expectations of 1-2-1 classes and do not expect to learn completely new skills in a 1hr slots! For some athletes it is possible however for most skill progression takes countless training hours. These slots will break down skills and help athlete fully understand the correct technique of a skill which will help them develop faster.

When booking you will be asked to let us know up to 2 skills you would like to work on. At CRC we do not believe in rushing/ skipping skills to learn more advanced skills. Many skills in Level 1 will transfer through to all higher-level skills. If lower-level skills are skipped/ learned incorrectly, it may mean the athlete struggles with higher level skills later down the line or may even need to go back and relearn everything from scratch. For this reason, If the coach does not believe your athlete is ready to learn the skill requested, they will let you know in advance of attending and recommend what they should be focusing on.

Session will include: Coach and Athlete setting goals for session, Warm-up, Work through Exercises/Drills to help with up to 2 skills, Cool down, Coach and Athlete goals/ progress review and set homework.

Homework From your 1-2-1 session your coach will identify areas to improve. The Coach and athlete will then set goals to work towards. The coach will give Exercises/ Drills to the athletes who will be expected to take this away and practice in their own time.

To make these sessions affordable to all, we will also offer small group sessions as well. In group bookings athletes do not need to work on the same skills as other athletes however it does make planning easier for the coaches.

NUMBER OF ATHLETES	NUMBER OF COACHES	PRICE PER 1HR SLOT
1 ATHLETE	1 COACH	£45
2 ATHLETES	1 COACH	£65
3 ATHLETES	1 COACH	£85

These will be bookable via the CRC website on a first come first serve basis.

It is the athlete/ parent/ guardian responsibility to arrange a group booking if this is something you would like to do to make it cheaper.

CLUB CLOSURES

Our 23-24 Club Season runs from Monday 31st July 2023- Sunday 4th August 2024.

Monthly fees are payable during planned Club closures.

(Annual cost are calculated over 48 Weeks and spread over 12 months.)

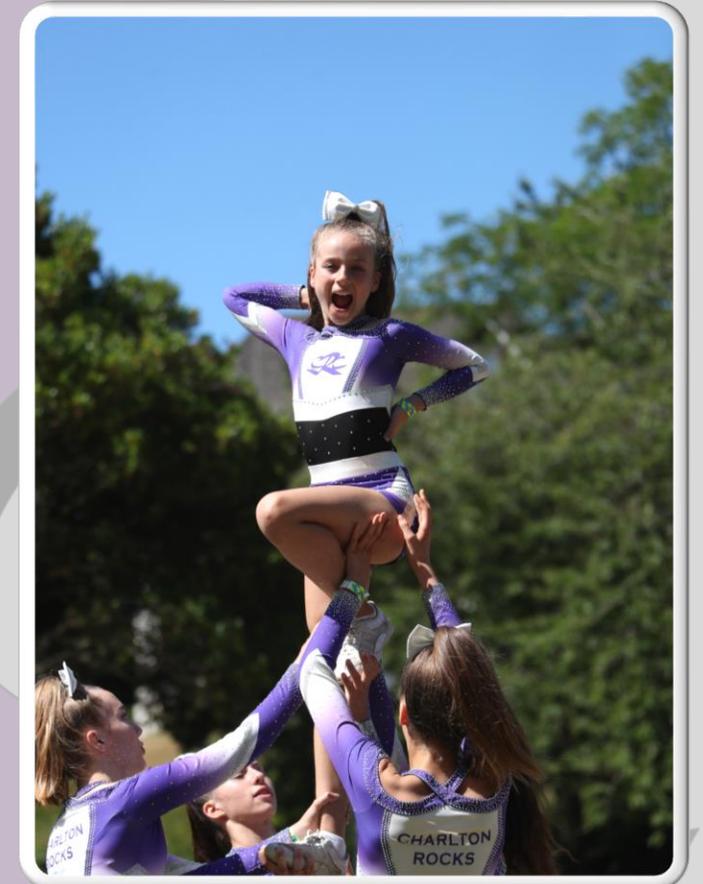
23-24 Full Club Closures below:

- 1 Week: Monday 31st July 2023 – Sunday 6th Aug 2023
 - 1 Weeks: Monday 25th Dec 2023 – Sunday 31st 2023
 - 2 Weeks: End of April/Start May 2024 (Specific Dates TBC)
- (Coach Tierney will be competing at the 2024 World Championships in Florida, USA so the club will be closed.)

23-24 Class Closures below:

- Friday 28th July (TBC) & Saturday 29th July 23
- Saturday 21st October 23 (TBC)
- Saturday 2nd December 23
- Saturday 20th January 24
- Saturday 3rd February 24
- Friday 15th & Saturday 16th March 24
- Friday 22nd & Saturday 23rd March 24 (TBC)
- Friday 24th & Saturday 25th May 24
- Friday 31st May 24 (TBC)
- Saturday 1st & Monday 3rd June 24 (TBC)
- Saturday 8th June 24 (TBC)
- Friday 21st June 24 (TBC) & Saturday 22nd June 24 (TBC)
- Friday 5th July 24 (TBC) & Saturday 6th July 24

Where classes are cancelled due to competitions, additional classes during the school holidays will be offered. These will be free of charge if your class has been cancelled to cover the cost of any lost classes. This only applies to members who attend the following classes: C4F Tinies/ C4F Youth/ C4F Seniors, Marbles, Obsidian and Tumble Class. Please note activities in the offered class may differ to the class that has been cancelled.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

23-24 EVENTS CALANDER (PLEASE KEEP THESE DATES FREE)

***COMPETITIVE ATHLETES MUST NOT MISS ANY OF THE DATES BELOW AND NOT MISS ANY TRAINING IN THE 4 WEEKS BEFORE ANY COMPETITION.**

All dates provisional planned and are subject to change after Tryouts. Times & Teams attending to be confirmed closer to each event/competition.

Additional Refinement Camps: This is extra training to clean up routines and make sure all teams are as confident as possible.

EVENTS/ COMPETITION	DATE	LOCATION	TEAMS ATTENDING	ATHLETE FEE
CRC FULL ROUTINE CAMP	23 rd Sept 2023	CRC	TBC	£35-£50
CRC FULL ROUTINE CAMP	30 th Sept 2023	CRC	TBC	£35-£50
CRC FULL ROUTINE CAMP	7 th Oct 2023	CRC	TBC	£35-£50
FC WINTER WONDERLAND COMP	2 nd -3 rd Dec 2023	Essex University, Colchester	LANITE OTHER TEAMS TBC	£38 Approx. (TBC)
FC ESSENTIALS SOUTH COMP	20 th Jan 2024	K2 Crawley	MARBLES OTHER TEAMS TBC	£20 Approx. (TBC)
ICC SOUTHERS COMP	3 rd -4 th Feb 2024	Guildford	LANITE OTHER TEAMS TBC	£30 Approx. (TBC)
CRC REFINEMENT CAMPS	9 th March 2024	CRC	TBC	£15
ICC BRITISH OPEN NATIONALS COMP	16 th -17 th Mar 2024	Motorpoint arena Nottingham, NG1 1LA	LANITE OTHER TEAMS TBC	£41 Approx. (TBC)
CRC REFINEMENT CAMPS	18 th May 2024	CRC	TBC	£15
BCA ALLSTAR NATIONALS COMP	25 th -26 th May 24	Telford	ALL TEAMS	£45 Approx. (TBC)
FC BARCELONA COMP	1 st June 2024	Barcelona, Spain TBC	TRAVEL TEAM TBC	TBC
CRC REFINEMENT CAMPS	15 th June 2024	CRC	TBC	£15
ICC BATTLE OF CHAMPIONS COMP	22 nd June 2024	Motorpoint arena Nottingham,NG1 1LA	TEAMS THAT RECEIVED A BID	Free with Bid
ICC BRITISH OPEN NATIONALS PT2 COMP	23 rd June 2024	Motorpoint arena Nottingham,NG1 1LA	MARBLES OTHER TEAMS TBC	£20 Approx. (TBC)
FC INTERNATIONALS COMP	5-7 th July 2024	Bournemouth International Centre BH2 5BH	LANITE OTHER TEAMS TBC	£48 Approx. (TBC)
CRC SHOWCASE	13 th July 2024	CRC	ALL CLUB MEMBERS	N/A

Athlete Competition Fees will be due in bulk instalments so the coaches can register teams as early as possible without chasing late payments.

Installment 1 (Due By October 2023): FC Winter Wonderland, FC Essentials South, ICC Southers, ICC British Open Nationals.

Installment 2 (Due By December 2023): BCA Allstar Nationals, ICC British Open pt2, FC Internationals.

Spectator Ticket requirements and Payments for Spectator Tickets will be due separately to Athlete Fees.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

INTERNATIONAL COMPETITION!

(FC BARCELONA TRAVEL TEAM)

For the first time at CRC, we are considering creating our first travel team. This will be to compete at FC Barcelona held in Spain on Saturday 1st June 2024. This would be a fantastic opportunity to introduce athletes to international competition, while getting to explore a new part of the world, which for some members may not ever be an option without cheer.

Additionally, this is a Summit Bid Event. If we were to enter a team into the IASF Division, they could potentially win a bid (Invite) to The Summit 2025. This is one of the most prestigious competitions in cheerleading and is essentially the World Championships for lower levels.

This is still a provisional trip and is based on interest and the financial situations of club members. Currently we are looking to go for 3 nights (Friday 31st May to Monday 3rd June) and we estimate this trip may will cost between £500-£700 per person. Fees for this trip will be split into monthly or there will be an option to pay in full. We will look to do fundraising to make this trip as cheap as possible.

We hope to hold Tryouts for a Barcelona teams Oct/Nov and training information will follow this. Depending on athlete interest we may take 1 or 2 travel teams. As our first international comp this is more about creating a fun filled experience rather than focusing on placing highly. we may take larger teams but at lower levels so more athletes can have the opportunity to participate.

We will release further information on this trip during the 23-24 Season.



Come Join us for
SEASON 6

CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

ATHLETE HOLIDAY POLICY (COMPETITION TEAMS)

PLEASE ENSURE YOU ARE FAMILIAR WITH OUR ATHLETE HOLIDAY POLICY

For Competitive members, all known holiday dates must be communicated to and approved by the coach at the start of the season. This is to enable coaches to plan the 23-24 training sessions accordingly.

Holiday is not to be taken 4 weeks prior to any competition dates. Any absences in the 4 weeks prior to competition, other than those approved in advance by the coach may see the athletes' position at that competition removed

The deadline date to hand in known holiday dates is September 4TH 2023. Any dates handed in after the deadline date may incur a strike.

As a club we recommend the following dates as a good holiday period with the least impact on the athletes 22-23 training schedule. During these dates we may still run training however training days/times may differ to the normal training schedule.

- Summer: Monday 24th July – Thursday 31st August 2023
- Autumn: Monday 23rd October – Sunday 29th October 2023
- Christmas: Monday 18th December 2023 - Monday 1st January 2024
- Spring: Monday 12th February 2024 - Sunday 18th February 2024
- Easter: Monday 29th March 2024 - Sunday 14th April 2024
- Summer: Monday 29th July 2024 – Sunday 1st September 2024

Please communicate any issues you may have with dates as soon as possible with the team coaches. Approval of the absence is always up to the coach's discretion.



Come Join us for
SEASON 6

CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

ABSENCE POLICY

PLEASE ENSURE YOU ARE FAMILIAR WITH OUR ABSENCE POLICY.

Please know that we do not mean to scare anyone with our attendance policy. However, Cheerleading is a team sport and we have teams for differing levels of commitment.

Competitive training throughout the season is mandatory and only graded school and family emergencies are considered reason enough to miss training. Illnesses other than D&V, Fever or Covid are not reason to miss training, athletes are expected to still attend and if necessary, athletes can sit out and watch. This is so athletes do not fall behind with routine changes. Please see our strike policy for further details.

With D&V/Fever/Covid related illnesses please communicate to the Team Coach by 12pm the latest, in order for the team coach to re-plan sessions in time for training.

Please communicate any issues you may have with dates as soon as possible with the team coaches. Approval of the absence is always up to the coach's discretion. **Reminder that holiday is not to be taken 4 weeks prior to any competition dates. Any absences in the 4 weeks prior to competition, other than those approved in advance by the coach may see the athletes' position at that competition removed.**

We acknowledge that some Parents/ Guardians may live separate and for this reason athletes attending training could become an issue. We understand that every situation is different, so we ask that you speak to our coaching team to find the best solution for the athlete. This should be done at the beginning of the season before committing to your competitive team placement.

We do not run our strike policy for our non-competitive member, however if an athlete is frequently absent their place will be reviewed and may be lost.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

STRIKE POLICY (COMPETITION TEAMS)

PLEASE ENSURE YOU ARE FAMILIAR WITH OUR STRIKE POLICY.

We enforce a 3 Strike rule for Competitive Team.

If a competitive team athlete has 3 absences from Team Training Sessions for any unexcused reason (see list below) they will be removed from the competitive team starting 4TH September 2023. In addition, if an athlete has 3 absences from Tumble Training sessions this will result in a meeting with the coaches to review their place on the team and setting expectations for attendance. If the expectations are not met further to the meeting this will result in removal from the competitive team.

The 3-strike rule does not apply during the 4 week comp prep as all competitive athletes must attend.

All known holiday dates must be communicated to the team coach and approved by the coach. Any holiday dates not communicated in advance of 4 weeks will incur a strike. The deadline date to hand in known holiday dates is September 4TH 2023.

***PLEASE SEE LIST BELOW FOR EXCUSED (STILL NEED TO NOTIFY COACH) AND NOT EXCUSED ABSENCES.**

<u>EXCUSED (MUST STILL NOTIFY A COACH IN ADVANCE)</u>	<u>NOT EXCUSED</u>
<ul style="list-style-type: none">• Graded School event• Illness with Fever/Vomiting/Covid (Coach must be notified by 12pm the latest on day of training)• Family Bereavement• Immediate Family members Wedding (notify Coach in advance)	<ul style="list-style-type: none">• Homework/Revision (Bring it with you if you need to)• Birthdays• Parties• Recreational Sports

We do not run our 3-strike policy for our non-competitive member. However, if an athlete is frequently absent their place will be reviewed and may be lost.



Come Join us for
SEASON 6

CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

LEAVING POLICY

PLEASE ENSURE YOU ARE FAMILIAR WITH OUR LEAVING POLICY

We are always sad to see members go. Please ensure that between us we have discussed and tried to resolve any problems which cause you/your child to leave.

If you decide to leave/remove your child from the club, then we require one month's notice for competitive athlete. Cheer 4 fun athletes may leave at any time, but you must inform the club by email of this decision.

All unpaid fees must be paid in full before an athlete can leave. We reserve the right to inform any new club which the athlete may transfer to of any unpaid debts.

Athletes leaving (or parents removing their child) from the club or withdrawing from a competition within one month of the date of the competition will be liable to a £50 fine to cover re-choreographing the routine and the extra work involved in training another athlete to take the leaver's place.

In addition, if your child is a "no show" on the day of the competition, you will be required to pay the entry fees of those other athletes in the squad who are unable to compete.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

CLUB COMMUNICATION GROUP

We use a free app called 'BAND' for all club communication. This enables all members (Athletes, Parent/Guardians and Coaches) to contact each other if needed and to receive the latest club information easily.

Once we have your email address, we can send you an invite to join our CRC Members Group. As this group is private, your request will need to be approved by the coaches. We will try to approve your request as soon as we can.

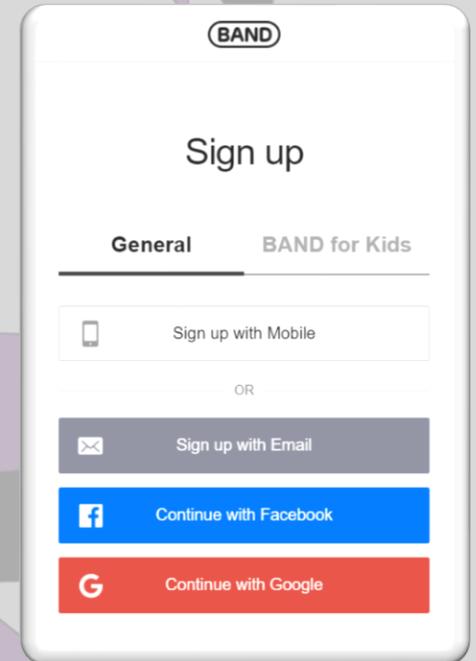
You can download the App onto any mobile devices via an app store or you can access it on a desktop computer using the following link: https://auth.band.us/sign_up?next_url=https%3A%2F%2Fband.us%2Fband%2F76108221&ns=false

We will put all upcoming events / competition dates on the band calendar so please check this regularly.

We will set up Photo albums for each team at the start of the season and upload training photos and Videos for athletes to watch back.

For many of our members retaining routine counts and dance is a struggle. Unfortunately, this means each week we lose a great deal of class time reminding athletes of the week before. Parents/ Guardians, we ask that you please ensure your athletes are watching videos back and practicing at home. This will help classes become more productive as well as help athletes develop their skills much quicker.

For safeguarding purposes, band members over the age of 18 years old must not private message anyone under the age of 18 years old without the consent of the athlete's parent/guardian.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

SOCIAL MEDIA & CLUB MUSIC POLICY

CRC are on Facebook and Instagram. Please check out our accounts and help us advertise by following, liking and sharing club post!

We use these social media sites and our website as club advertisement, posting information about the club including athlete photos and videos. By becoming a CRC member, you (Athlete/Parents/Guardian) are consenting to CRC to use your athletes' photo/videos on our social media. If this is a concern, please contact the coaching team so we can take the appropriate safeguarding precautions.

Important:

Any club routine music, photos or videos taken during training or at competitions of our team skills including Tumbles, Stunts, Jumps & Dance should not be posted on any social media or shared to others outside of the club without asking for coach approval in advance.

The coaches may ask you to remove photo/videos from your personal social media account if it is found you have not been given permission in advance of uploading.

Unfortunately, competition routines can be copied by other clubs if made public. For this reason, to protect our team routines we ask you do not share anything until the end of the season.

Please never share CRC team music to anyone outside of your team. Cheer music is extremely expensive for the club due to it being custom made and copyrighted.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

CLUB KIT

We are excited to announce that by popular demand we will be adding some new products to our 23-24 kit catalogue! Products will be added to the CRC Store by July/August 2023.

To purchase any Club Kit please head over to the CRC Store on our website.



Kit	Price
Training T-Shirt	£15-20
Supporters T-Shirt	£15-£20
Training Vest Top	£10-£15
White Nfinity Cheer Shoes (Recommended for competitive athlete)	£60
Competition Uniform (Leotard, Shorts, Hair Bow)	£115
23-24 Training Kit (crop top & shorts)	TBC
Club Rucksack	£45 -£50
Tote Bag	£15
Drawstring Bag	£15
Club Jumper	£25
Club Jacket	£40-£45
Bum Bag	£20
Small Multi-Purpose Bag (use for make-up/ inhalers / pencil case)	£15



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

CLUB VOLUNTEERING

We may be looking for volunteers who would like the opportunity to help out and take on some club responsibility next season.

We may select Parent/ Guardians helpers, you will be known as a Team Parent and assigned a specific team/ teams to be responsible for. Please note - you may be assigned a team that your athlete is not on.

The role may include but is not limited to:

- Collecting athlete information and passing this on to the coaches
- Receiving information from the coaches and communicating to team members
- Chaperoning at events
- Making sure athletes are collected at the end of class.
- Sitting in on classes for safeguarding if needed.
- Arranging team socials (Team bonding activities outside of the gym)
- Helping at / Arranging club fundraising events.

We are keen to have a home-grown coaching team and may be looking to expand our junior coaching team. Starting from athletes age 12+, we will be looking to give selected athletes the opportunity of a voluntary coaching role.

This role will include:

- Collecting athletes from the cloakroom and bringing them into the gym.
- Leading Warm-up, Stretch & Cool Down Activities
- Setting Up, Cleaning & Putting Away Equipment
- Assisting Senior Coaches with activities & Following instructions set by the Senior Coach to lead an activity

We will release more information on these roles when the 23-24 Season fully begins and hope to apply.



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk

ADDITIONAL CLUB INFO

Club Owner & Head Coach: Tierney Daley
Welfare Officer: Tracy Fenton

Email: CharltonRocksCheer@gmail.com
Website: www.CharltonRocksCheer.co.uk

Training Address: Salto Centre, Charlton Rd, Charlton, SP10 4AJ, Andover, Hampshire

BANK DETAILS: Tierney Daley
SORT CODE: 04-29-09
ACCOUNT NUMBER: 01403397
Revolut Ltd

*Please use your invoice number or your athletes First Initial and Surname as reference for all bank transfer payments.

For any questions regarding our 2023-2024 Season Information Pack please email us.

THANKS FOR YOUR INTEREST! WE HOPE YOU CAN JOIN US FOR OUR BEST SEASON YET!



CharltonRocksCheer@Gmail.com
www.CharltonRocksCheer.co.uk