

# THE ANGELS

## DEVELOPMENT PROGRAMME - CHEERLEADING LEVELS PREP AND 1

 [www.TheAngelsAcademies.com](http://www.TheAngelsAcademies.com)

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COMMENCING: FEBRUARY 22ND 2024 - ONGOING

BOOK NOW [HTTPS://APP.ICLASSPRO.COM/PORTAL/THEANGELSACADEMIES](https://app.iclasspro.com/portal/theangelsacademies)

Would you like to compete at the Cheerleading Worlds, on Team England or even the Olympics as a cheerleader in the future?

Are you serious about succeeding in this sport and willing to put in the work to be ready for these opportunities in the next few years?

If so, we have an opportunity for you....





We're in search of approximately 20, level 1 & Prep athletes showing immense potential to join elite- level competitive teams once they reach junior or senior ages.

The Angels Development Programme will develop these athletes to be mentally, emotionally and physically ready to try out for these elite-level opportunities. We will work with coaches and experts who are familiar with what it takes to be successful at a cheerleading Try Out for an elite competitive team. When our programme managers feel that they are ready, we will inform the parent of the details and opportunities elsewhere. If the athlete is successful at being placed on one of these teams, we will support the athlete with their new team uniform or more.

We're dedicated to elevating not only the Development Programme but also our existing teams. Our goal is to raise the bar, ensuring that athletes have the choice to continue on a level-appropriate competitive team within Angels if they prefer.



Our holistic training, a fusion of in-person and virtual sessions, includes minimal homework to maximize programme benefits without consuming excessive time. Recognising that high-level competitive sports demand not only physical excellence but also mental and holistic preparedness, our pioneering programme offers comprehensive training:

- WELLNESS, WELLBEING, AND EMPOWERMENT
- POM/MOTION DANCE
- STUNTS/PYRAMIDS
- TALKS FROM ELITE SPORTSPERSONS
- TECHNIQUE FOR JUMPS, KICKS, AND LEAPS
- DYNAMIC STUNT CHOREOGRAPHY
- FITNESS/CONDITIONING/STRETCH/CORE STRENGTH
- 'FLYERS' SPECIALISED TRAINING
- MENTAL HEALTH AND SUCCESS MINDSET COACHING

- NUTRITION AND HEALTHY LIFESTYLES
- PUBLIC SPEAKING & INTERVIEW TECHNIQUES
- LIFE SKILLS - ORGANISATION, TIME MANAGEMENT, ATTITUDE, ETC.
- GUIDANCE FOR INTERACTING WITH VARIOUS INDIVIDUALS AND COACHES
- INTERACTION WITH BUSINESS LEADS, POLICE, JUDGES AND BENEFACTORS.
- HIGHLIGHTING THE BENEFITS OF EDUCATION
- AND MORE!

Our primary aim is that this programme's training will benefit athletes in every facet of their lives. Parental feedback on additional subjects beneficial to the athletes is welcome and encouraged.

# PROGRAMME DETAILS

- Physical Classes: Thursdays, 5:30-7:30 pm
- **Ages 6-11**
- Cost: £48per month
- **Location: Moberly Sports Centre, Sports Hall**
- For: Angels and non-Angels athletes
- **Prerequisites: Level 1- a strong back walkover. Prep- close to achieving a back walkover. Level-appropriate cheerleading experience is preferred.**
- Continuous separate tumbling training is highly recommended for skill alignment.
- **Mindset: Serious commitment of a minimum of 2 hours weekly is required.**



## ELIGIBILITY AND PARTICIPATION

Open to Angels members, external recruits, and those aspiring to elite cheerleading. Athletes do not have to have cheerleading experience however, they must meet the tumbling requirements & must send written programme approval if competing with another programme. Athletes will represent the Angels Development Programme at tryouts/events and are required to purchase the Angels uniform, including a Development Programme tracksuit. Programme athletes will be heavily featured on our social media. As viewers, funders, residents and organisations support and follow their journey.

## PROGRAMME STRUCTURE

The programme is non-competitive and will follow our 'level flexible system', for accelerated progression through levels. Meaning, the group may work on multiple stunt levels in one class. Athletes will work through class schedules provided at each term's start. They will be provided with the most elite level of all-round training that we can provide and source. To take the necessary time to create strong foundations with perfect technique and execution before moving on.

# MANAGEMENT TEAM



Overseas  
Programme  
Manager

*Coach Pepe*

- 2 x High School All American
- 4 x Collegiate All American
- 2 x NCA Collegiate National Champion
- Varsity & USASF Judge
- Open Championship Series Judge
- International Choreographer & Judge
- NCA Collegiate Choreography Award
- Navarro College & Stephen F Austin State Cheerleader
- Bachelor Degree
- Texas State Certified Teacher: Special Education EC-12



Overseas  
Programme  
Manager

*Coach Robin*

- **Judging Certifications/Qualifications:**  
35+ years of experience in Judging across Varsity, Jam Brands Europe, ICC, Future Cheer, Legacy Cheer and Dance, Canadian Cheer and Dance Association, Cheer America, Mexico and Costa Rica, and many more.
- **Coaching & Collegiate Spirit Coordinator:**  
College of Charleston, NC State Dance Team, University of Louisville Lady Birds, Duke University Dance/Cheer Team, C3 Cheer and Dance (Owner/Coach) and more.
- **Choreography/Head Dancer:**  
Paris New Year's Parade, San Antonio Spurs Halftime shows, San Antonio Warriors Professional Football and many more.
- **Education:**  
Bachelor's Degree of Science in Education  
Master's Degrees (3) under Multidisciplinary Studies.

Programme Coordinator: Natalie Bourne-Moses & Specialist coaches and guests as required.

# SUPPORT TEAM



**Company  
Director**

*Larry Davis*

- His Majesty’s Lord Lieutenant for the City of London & Deputy Lieutenant for Greater London
- Reservist cap badge RIFLES & former Colonel Commandant for the Army Cadet Force
- Chairperson of an Independent Advisory Group supporting Metropolitan Police
- Active in community roles: life member of the Guild, Freeman of the City of London, and Ironmonger of the Worshipful Company of Ironmongers
- Trustee for 'Keeping Families Together' & 'The London Rifles Volunteers Trust'
- Fellow for the Institute of Leadership & Fellow Chartered Manager
- Managing Director of CDM-Inspire LLP, supporting schools & headteachers
- Holds National Professional Qualification for Headship (NPQH)
- Assisting in crafting ‘The Angels Standard of Excellence’ and is Chair of the Board of Directors



**Company  
Adviser**

*Ian Comfort*

- Ian started his career as a teacher and youth worker and has held a number of senior roles in education. He is a Commissioner for the Criminal Cases Review Commission, sits as a part-time Judge and is a legally qualified Chair for a range of professional regulatory tribunals.
- Ian was appointed as a magistrate in 1984 and is a presiding justice in West London sitting in both adult and youth courts. He is a qualified barrister and chartered legal executive and has an LLM in legal practice.
- In his charitable work, Ian is Chair and trustee of the Ebony Steelband and chairs the world-renowned Notting Hill Carnival.

# ANGELS MISSIONS

## Short-term:

*“To significantly and measurably increase the level and standard of training that we offer for all members”*

## Long-term:

*“To make empowerment opportunities available for both young people and adults”*



# INTERESTED?

JOIN US IN ELEVATING YOUR  
CHEERLEADING JOURNEY AND  
PERSONAL GROWTH!

