

THE ANGELS ACADEMIES

2023-2024 INFO PACK

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TEAM LIST

PREP

TODZ

Aged 3-4 (*Non-competitive*)

SPARX

Tiny Prep Level 1 (*potentially competitive*)

BLISS

Youth Prep Level 1

ELITE

DESTINY

Youth Elite Level 1

PARADISE

Senior Elite Level 1

SAINTS

Senior Elite Level 2

PRIME

Masters Elite Level 2

INTERNATIONAL TRAVEL TEAMS

HARMONY

Youth Elite Level 2

REIGN

Junior Elite Level 3

[YOU CAN SIGN UP TO YOUR ALLOCATED TEAM HERE](#)

THE THREE ACADEMIES

Join our dynamic dance, tumbling, or cheerleading academies and embark on an unforgettable journey of self-expression and growth. Whether you're a beginner or experienced, our programs are designed to nurture your skills, boost your confidence, and provide opportunities to showcase your talent to family and friends during the season. Book your Dance, Tumbling or Recreational Cheerleading classes now through iClass Pro.

ANGELS TUMBLING ACADEMY

Experience the thrill of defying gravity with our exhilarating tumbling classes. Whether you're a beginner looking to learn the fundamentals or an experienced tumbler seeking to perfect your skills, our classes are designed to ignite your passion and take your tumbling abilities to new heights.

Led by expert gymnastics & acro tumbling instructors who prioritise safety and technique, you'll master a variety of flips, twists, and acrobatic manoeuvres.

From cartwheels and handstands to backflips and aerials, our tumbling classes will build your strength, flexibility, and spatial awareness.

ANGELS CHEERLEADING ACADEMY

Whether you are experienced or just now ready to embark on a cheerleading journey. Our programme, backed by 23 years of experience in the field, will provide you with dedicated instructors. Who will guide you through essential routines, jumps, stunts, and more while fostering teamwork, discipline, fun and leadership.

In a supportive and inclusive environment, beginners and experienced cheerleaders will be able to train at their appropriate level and thrive together as one programme. Our Cheerleaders will be given the opportunity to Showcase their talents to loved ones, or even compete in the UK or Internationally during the Season. Our Ages 3-4 class will mainly be the development of Tumbling. The Cheerleading Academy will have three sub-programmes; Recreational Programme, All Star Programme and International Travel Programme.

ANGELS DANCE ACADEMY

A range of captivating and fun dance classes designed to unleash creativity, ignite passion, and take skills to new heights. Whether you're a seasoned dancer or just starting your dance journey, our hip hop, lyrical/contemporary, and Dance Technique classes are here to inspire and empower you.

Join our introductory/intermediate classes today and embark on a transformative dance journey! With a focus on technique, these sessions will equip you with the skills needed to excel in potential future competitions in hip hop, lyrical/contemporary, and other potential dance styles.

LEVEL 1

One legged Back Walkovers
Front Walkovers

LEVEL 2

Back Handsprings
Front Handsprings

LEVEL 3+

Multiple Back Handsprings
Back Tucks
Or More

ANGELS TUMBLING ACADEMY

SUNDAYS

2-2.45pm Cheer & Tumble Ages 3/4

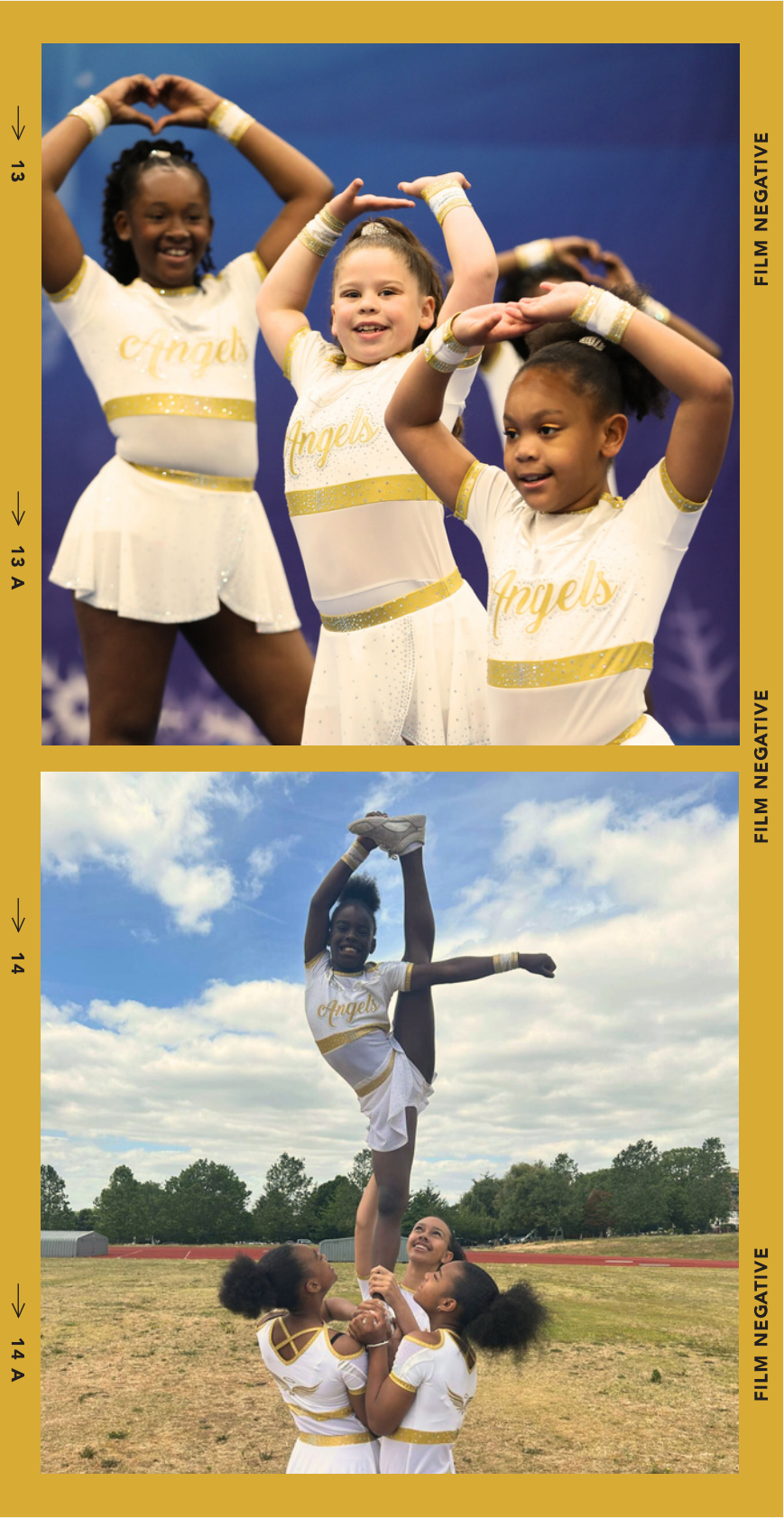
2.45-3.30pm Tumbling Ages 5/6

3.30-4.30pm Beginners

4.30-5.30pm Level 1

6-7 pm Level 2

7-8 pm Level 3+



ANGELS CHEERLEADING ACADEMY

RECREATIONAL

Training & Development
Recreational Programme-
non-competitive.

Beginners – for those unable
to confidently perform a one-
legged back walkover.

Beginners do not need to Try
Out. Just sign up now to
reserve your space where
you'll focus on the
foundations for good
cheerleading technique.

ALL STAR

In order to determine which
level team an athlete should
be placed on, Try Out
assessments will be held for
this programme. Athletes must
be able to confidently
perform a one-legged back
walkover or more.

These teams will take part in
two competitions between
April-July 2024.

INTERNATIONAL TRAVEL

For the most advanced
athlete, who would like the
potential opportunity to
compete Internationally with
us in 2024.

Compulsory practices will be
every two weeks, on Sundays
from 12-4pm and also during
some Half Terms.
Commencing 3rd September.

ANGELS CHEERLEADING ACADEMY

WITH CHEERLEADING RECEIVING OLYMPIC SPORT RECOGNITION, OUR PROGRAMME AIM IS TO PREPARE OUR ATHLETES BY DEVELOPING THEIR CHEERLEADING AND TUMBLING SKILLS OVER THE NEXT COUPLE OF YEARS TO BE READY TO TRY OUT FOR OLYMPIC OR TEAM ENGLAND OPPORTUNITIES.



CHEER TIMETABLE

MONDAY	THURSDAY	SATURDAY	SUNDAY
5.30-6.30 pm Rec Cheer & Sparx Ages 5-8	5.30-7 pm Yth 1- Destiny	12-2 pm Masters 2- Prime Twice Monthly Ages 17	12-4 pm Youth & Junior Travel Teams Twice monthly
6.30-7.45 pm Rec Cheer Ages 9-14	5.30-7 pm Yth 1 Prep- Bliss	12-1.30pm Snr 1- Paradise	2-2.45pm Cheer & Tumble Ages 3-4
7.45-9pm Rec Cheer Ages 15 to Adult	6.30-8.15pm Snr 2- Saints		

Flyer class - Team Flyers (athletes on the team who are lifted up) may be required to attend an additional Flyer Flexibility class, either online or in person. More details will be shared once practices are underway.



ANGELS DANCE ACADEMY

HIP-HOP

Unleash your inner swag with our dynamic hip hop class!

Led by experienced instructors, this session focuses on mastering the foundations of Hip Hop dance. Develop your own unique style while learning cutting-edge choreography.

Sundays - 1-2 pm Ages 9-16
2-3 pm Ages 5-8

LYRICAL / CONTEMPORARY

Step into the world of grace and emotion with our mesmerizing lyrical/contemporary class. This session explores fluidity, expressiveness, and storytelling through seamless transitions and organic movements. Develop your technique and artistic expression, in this captivating style.

Sundays - 1-2 pm Ages 5-8
2-3 pm Ages 9-16

DANCE TECHNIQUE

Designed to strengthen your foundational skills and enhance technical precision for dance. It will provide you with the body awareness, proper alignment, and muscular control necessary to excel in a variety of dance styles. Led by experienced instructors, this class focuses on refining technique, improving core strength, and developing balance and coordination.

Saturdays - 10.30-11.20 am Ages 3-4
11.30-12.30 pm Ages 5-8
12.30-1.30 pm Ages 9-16

DANCE TIMETABLE

SATURDAY

10.30-11.20
Dance Technique Ages 3-4
11.30-12.30
Dance Technique
Ages 5-8

12.30-1.30
Dance Technique
Ages 9-16

SUNDAY

1-2pm
Hip Hop Ages 9-16

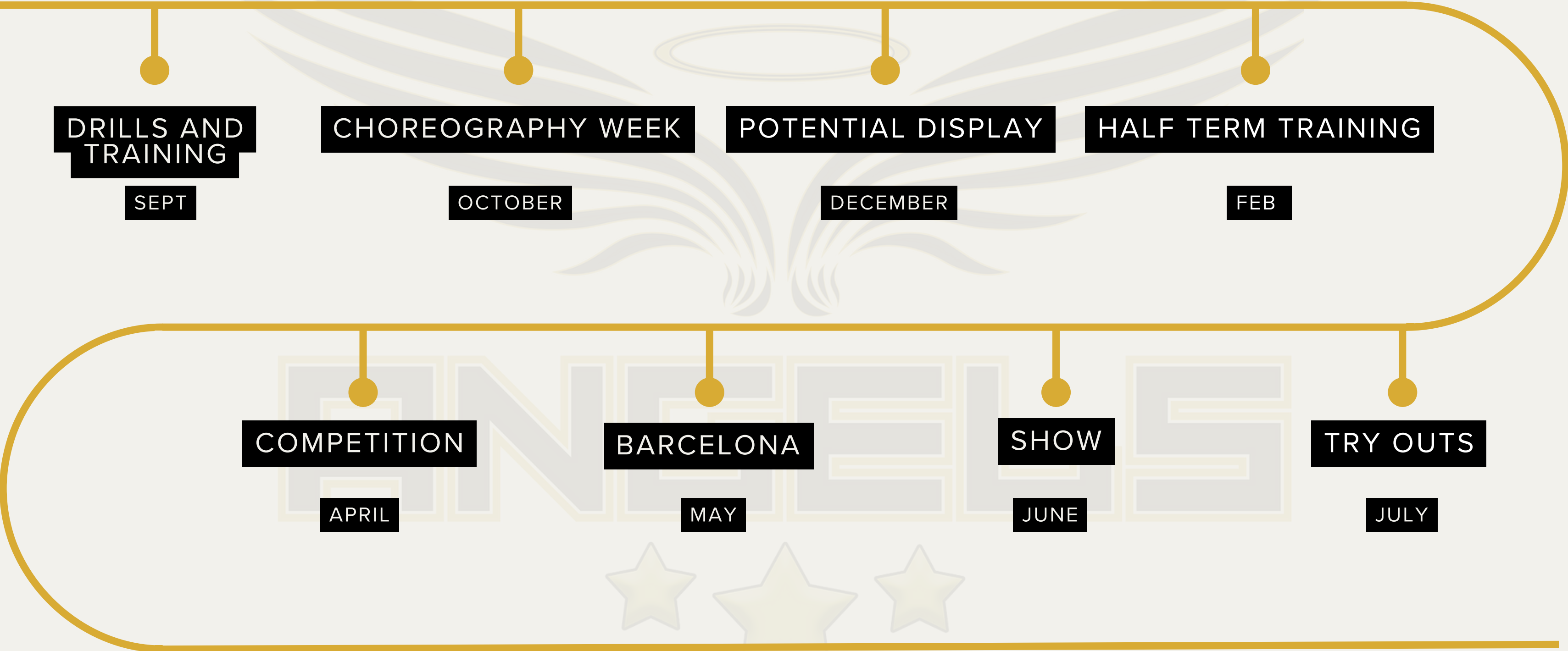
1-2pm
Lyrical ages 5-8

2-3pm
Hip Hop Ages 5-8

2-3pm Lyrical Ages 9-16



SEASON VISION



HALF TERM DATES

October Half Term - Monday 23rd - Friday 27th

Winter Holidays - Monday 18th December – Monday 2nd January

February Half Term - Monday 12th – Friday 16th

Easter Holiday - Friday 29th March - Friday 12th April

May Half Term - Monday 27th May - Friday 31st May

BANK HOLIDAYS

NO classes on Bank Holidays unless required, of which you will have as much notice as possible.

- 29 March 2024
- 1 April 2024
- 6 May 2024
- 27 May 2024

INTERNATIONAL TEAM SCHEDULE

As the international teams will be practicing every two weeks, we have created a provisional practice schedule, which is linked below.

Please note:

- This does not include individuals’ tumbling days
- We aim to follow this schedule, but practices are subject to change.
- Holiday practices will be confirmed closer to the time
- Competitions will be confirmed closer to the time.

[INTERNATIONAL TEAM SCHEDULE](#)

COMPETITIONS AND EVENTS

Cheer City - Summer Showdown (ALL STAR)

Date: May 11th/12th 2024 Location: Warwick
Price: £27.50

Cheer City - Summer Games (ALL STAR)

Date: May 18th/19th 2024 Location: Hertfordshire
Price: £27.50

ICC - Southern Jam Championships (ALL STAR)

Date: 8th June 2024 Location: Guildford
Price: £34

ICE - Big Chill (ALL STAR)

Date: 8th/9th June 2024 Location: Peterborough
Price: £22.50

Future Cheer - Spotlight showdown (INT)

Date: March 16/17th 2024 Location: Colchester
Price: £40

BCA - Spring Spirit (INT)

Date: April 6th/7th 2024 Location: Crawley
Price: TBC

Cheer City - Summer Showdown (INT)

Date: May 11th/12th 2024 Location: Warwick
Price: £27.50

Cheer City - Summer Games (INT)

Date: May 18th/19th 2024 Location: Hertfordshire
Price: £27.50

Future Cheer - Internationals (INT)

Date: July 5th/6th/7th 2024 Location: Bournemouth
Price: £51

Please note that teams will not take part in all of these competitions listed. We are including all possible dates in order for you to be able to keep the dates free. Exactly which competitions we attend will depend on the progress and development of the teams as they go. These are 'make your own travel and stay arrangement' competitions. Therefore, we have opted for closer competitions within a 2-hour drive.



FC BARCELONA

We plan to take our international teams to this truly beautiful and vibrant city in Spain, for one of the fastest growing, destination competitions!

This event is an amazing opportunity for the teams to make great memories that will last a lifetime! It couldn't be easier to get to Barcelona with hundreds of flights each week from all over Europe.

Things needed by 15 Sept:

- Full names (as per passport) and dates of birth
- Bedroom configurations (who is sharing with who etc.)
- Deposit - £150 per person

Once the deposit has been made for all passengers, parents/guardians can pay at their leisure to Cheer Travel U.K via a secure payment link. Parents/guardians can do this until the full balance (approx £700 pp) is due (12 weeks before travel).

Competition Fee - £46 due April



FUNDING

We are always very keen to secure funding to benefit, help and support our athletes. We understand that many of our families struggle financially so we will continue to make funding applications throughout the season.

UNIFORM

Competition uniforms are required for our All Star and International competitive teams. The uniform remains the same as last year and costs £80 for new members who require one. This uniform will be used for this whole season, is made to measure and takes 8 weeks to manufacture. Therefore, the £80 payment must be paid by the 30th of November 2023, in order for them to arrive in time for the start of competitions.

Training wear will be available to purchase from mid-August 2023. All International Team and Masters' athletes will be required to have the same Nfinity Evolution cheerleading shoes by our return after Christmas.

TRY OUTS

We had physical Try Outs in July for this season but those who missed it can still send a video Try Out. Please follow the link to pay and then send the video via Whats App to this number (07886501545).

Classes start Monday the 4th of September, so we recommend that you do this ASAP to prevent missing too much or not being placed on the most suitable team. The full instructions are in the booking link - [BOOKING LINK](#)

Try Outs is a process we use to determine which team an athlete should be placed on. All competitive team athletes will compete in a minimum of two competitions this season.



FEES

Fees are taken automatically, monthly on the 1st of each month, starting the 1st of September, and continuing until the 1st of June inclusive. We have taken the total amount for the year (minus school & bank holidays) and divided this equally into 10 equal monthly payments.

You are not being charged for the school & bank holidays. the fee only covers class fees, not competitions, events, etc.

International Teams - £72 inc UK Competition fee

All Star - £48

Rec, Sparx, Todz, Prime, Tumbling & Dance- £40
2nd and 3rd Siblings/parent and those signing up for additional classes will receive a 10% discount.

ADDITIONAL PAYMENTS

We understand that the cost of living in the UK now is increasing. We are doing our best to help whilst also providing our athletes with a high-quality service to give them the best life opportunities at their ages.

Competition fees range from £25 and up depending on the competition. Competition fee payments CANNOT BE LATE and are usually due (along with ticket money) 2-months before the competition. We recommend rallying up Godparents and family members to help spread the costs as well as participating in any of our fundraising activities.

Other ad-hoc payments may be requested during the year, including but not limited to, the purchase of cheerleading trainers, and training wear . Please also see the information on Uniforms above.

TODZ

Todz is a class of Tumbling and Cheer for 3/4-year-olds (age as of 31st Aug '23). They are a non-competitive team but will appear in our showcases for family and friends and may take part in local shows/events. You are welcome to sign up for this class now through iClass Pro.



PRIME - MASTERS LVL 2

Is our team for athletes aged 17+. Who had a 1st place-winning streak last season and will also be competing in Barcelona in 2024. Entry onto this International Team is for those with cheerleading or gymnastics experience only. Who will agree to abide by our attendance policy and have a high commitment level. Athletes must request to join this team via iClass Pro, where more information may be requested.

The aim of this team is to 'up' the standard and expectations of Masters teams in the UK. With this team 'ACA PRIME' leading the way!

Classes will be twice monthly, from 12-2 pm with some additional compulsory classes during the season as required. The routine will remain the same as last season with some upgrades.



WHAT TO BRING TO CLASS

Please wear past Angels wear if owned, or comfortable clothing i.e. t-shirt, shorts, crop top, vest leggings, socks, clean indoor trainers (that are preferably only used for cheer) and bring a bottle of water.

Please **do not** wear baggy garments, hoodies or jewellery.

New season training gear information will be shared in a few weeks. Although not compulsory for Non-Int teams, we recommend that all of our athletes wear professional cheer shoes to class. You are welcome to order your Nfinity Evolution cheer shoes here at any point

<https://www.powernationcheer.com/product/nfinity-evolution/?v=56a036735e46>





WHATSAPP GROUPS

May be formed as necessary after the teams have settled into training. We use these groups to keep parents informed about everything and should be kept an eye on. In order to avoid parents muting these groups, settings only allow for our one-way communications, until opened in the lead-up to events.

COMPLAINTS AND FEEDBACK

Should be communicated via this form

[COMPLAINT FORM](#)

Please do not approach or send direct messages to Coaches or Staff. For questions, please email info@theangelsacademies.com.

COVID-19

There are no longer any restrictions in place at Moberly. We still advise washing hands before and after class; masks are optional. If an athlete is showing symptoms, please follow the Government guidance and do not let them attend class until you have confirmation that they do not have Covid-19. If an athlete tests positive for Covid-19, please keep your child home for the Government recommended amount of time. Unfortunately, refunds cannot be given for classes missed because of this. This is because coaches' pay and hall hire is still required.

ATHLETE AGREEMENT

- Athletes and parents understand that this is a one season (September – July) commitment, and that the team depends on you to fulfil your commitment to the squad.
- Athletes agree to attend all team training, competitions and shows.
- Athletes must arrive 5 minutes prior to the class starting and need to be ready on the mat at the time of the class starting.
- Athletes must wear Angels kit to ALL competitive team training.
- Athletes must have indoor/cheer shoes. No outdoor shoes are permitted on the cheer floor.
- Athletes will not wear jewellery during training or competition, have nails longer than their finger tips and long hair must be always tied up neat and secure.
- Please inform your coach if you have any problem that restricts your training.
- All accidents must be reported to your coach. If you have had an accident and are under the age of 18 you must not leave until a coach has spoken to your parent/carer, face to face or by phone.
- Members must refrain from the 'illegal' consumption of tobacco, alcohol, or drugs. If Angels Academies management suspects any member to be under the influence of alcohol/drugs during training, they will be prevented from partaking and disciplinary action will be taken.
- Athletes will not share/post videos of routine choreography.
- Athletes are expected to be courteous, polite, and friendly to teammates, coaches, guests and officials.

PARENT AGREEMENT

- Parents understand that their role is to support their athlete in a positive manner.
- Support your athlete by ensuring they wear correct training kit and adhere to our attendance policy.
- Parents are not permitted into the training area unless asked by a coach.
- Parents are expected to conduct themselves in a positive and appropriate manner whilst waiting for your child during practice, at competitions and scheduled events.
- Remember that you are also a direct reflection of our brand and any negativity will not be tolerated.
- Parents are expected to collect their child on time at the end of the session. If you are running late for collection, or in case of an emergency, please email attendance@theangelsacademies.com or call Coach Georgia (Operations Manager) on 0208 111 1718 (out of hours line) or the Company Manager on 07886 501 545 in an Emergency.
- Please inform your child's coach if your child will be collected by another club parent (using the out of hours number) or if your child has permission to leave training on their own.
- It is your responsibility as the parent /carer to inform us of any medical conditions or injuries that your child (athlete) has or had in the past, which may affect their health or safety when participating in classes at The Angels Academies. Please list any medication that your child is currently taking or needs to use whilst at the class. Please update The Angels Academies in the future with any medical conditions or medication needed that arise after joining that may affect your child's health or safety whilst participating at The Angels Academies.
- If I am not present or reachable, as the parent/carer of the athlete named above, I agree to them receiving medication as instructed, emergency dental, medical or surgical treatment as considered necessary by the professional present.

ATTENDANCE

- Cheerleading is a demanding sport and therefore commitment is extremely important. As cheerleading is a team sport even if one athlete is missing this will impact the team hugely and impact the training session. It prevents the team from having a fully effective practice. Attendance is CRUCIAL to the team's success! We operate a 4-strike policy – if you are on a competitive team and have more than 4 unexcused absences you risk losing your place on the team, as it indicates a lack of commitment, which can negatively impact the team's performance and cohesion. For unexplained absences you must learn everything missed in practice.
- The International travel Programme is usually a step up in terms of competition and seriousness compared to recreational or the All-Star Programmes. Athletes and parents/carers need to understand the level of dedication required and be prepared to prioritise the teams' schedule and activities.
- Excused absences but not limited to include death in the family, hospitalisation or hospitalisation of a family member, serious illness or injury to athlete or family member, scheduled school trips or parent evenings.
- Unexplained absences but not limited to include noncontagious illness, transportation issues, concerts, birthday parties or vacations.
- Competition season: Attending all practices the week of competition is mandatory. This includes any extra practices that may be added. If an athlete should miss practice the week of competition, the coaching staff has the right to pull that athlete from the competition.
- Injury: If an athlete is injured and cannot participate in practice, they are still required to attend all practices. There is much to be gained by observing practices and listening to the coaches' instructions. However, coaches will take into consideration the injured athlete recovery needs. At the Company Manager's discretion, payment may be paused after an injury has occurred.
- Request to miss: If at any time during the season an athlete should miss practice, they must ask permission from their team coach and they must give the reason for their absence. Request should be made at least 2 weeks prior to missing a practice.

LATENESS

Punctuality for class is also important within Cheerleading. We need to ensure that all athletes warm up properly to ensure a safe training session and season at The Angels Academies. This season we are introducing late strikes – if your athletes is more than 10 minutes late for a training session then they will receive a late strike. 4 late strikes will equal 1 absence strike.



ANGELS CHEERLEADING ACADEMY 2023
23 YEAR ANNIVERSARY

THANK YOU AND LOOK
FORWARD TO POTENTIALLY
HAVING YOU WITH US THIS
SEASON!

