

ANGELS CHEERLEADING ACADEMY

Est. 2000

TRY OUT INFORMATION



SEASON 2022-2023

WELCOME TO THE ANGELS ACADEMIES

A Holistic Programme, training both Mental and Physical Health

We are pleased that you are considering joining us for our 22nd season.

Complete season information will be available in July/August. However, with such a packed season planned, we will be holding Try Outs earlier than usual, to get organised ahead of time.





What are Try Outs?

The opportunity for athletes to show their skills so that we can determine which team would be best for them.

Must everyone Try Out?

All athletes who will be aged **6 to adult** on the 31st Aug 2022 must. Unless an under 6 can execute the level 1 requirements, then they should also Try Out.

Does everyone get accepted?

There should be a suitable team for all athletes, including beginners. If not, your Try Out fee will be refunded.

What if I change my mind later on?

Unfortunately, you would not be refunded as we would have started preparations.

What do athletes have to do?

Read on...

TEAM PLACEMENT



ACA follows the rules and guidelines set by IASF and Sport Cheer UK. Our team selection process will be very specific and each team will be hand chosen to be successful In their mission. The only way for teams to be successful In this industry today is for them to be able to compete at the highest difficulty level while also being able to execute the difficulty to perfection.

There are many parts to competitive cheerleading and ALL of these elements factor into our team selection. Performance. stunting, pyramids, jumps, dance, motions, age, mentality, dedication, attitude and work ethic will all be taken into consideration when choosing teams. Our teams/divisions will be selected based on what we feel will benefit the program as a whole, not just the individual. Once practices have started, we reserve the right to move, replace, add, suspend or even dismiss any athlete for some time or indefinitely from a team or the entire program.





TEAM PRACTICES

At ACA, practices can range from once to three times per week depending on the mission of the team. Parents will be informed which team their child has been selected for and can accept or decline.

How the athletes prepare for and show up to practice is of the utmost importance to us. We feel that the best way to be successful is to look and feel the part before you even step foot on the practice floor! Our team practices will be set up to not only coach our athletes to be the best they can be but to also teach them to be great human beings who are prepared for the real world outside of cheerleading.



Been thinking about joining us? Now would be the best time!

1. U.S Influence

A Coach from the United States will conduct this full Try Out Programme. We are also adopting Designer Athletics' Try Out and training processes, this season as we will train with them when we travel to America.

2.Travel Abroad

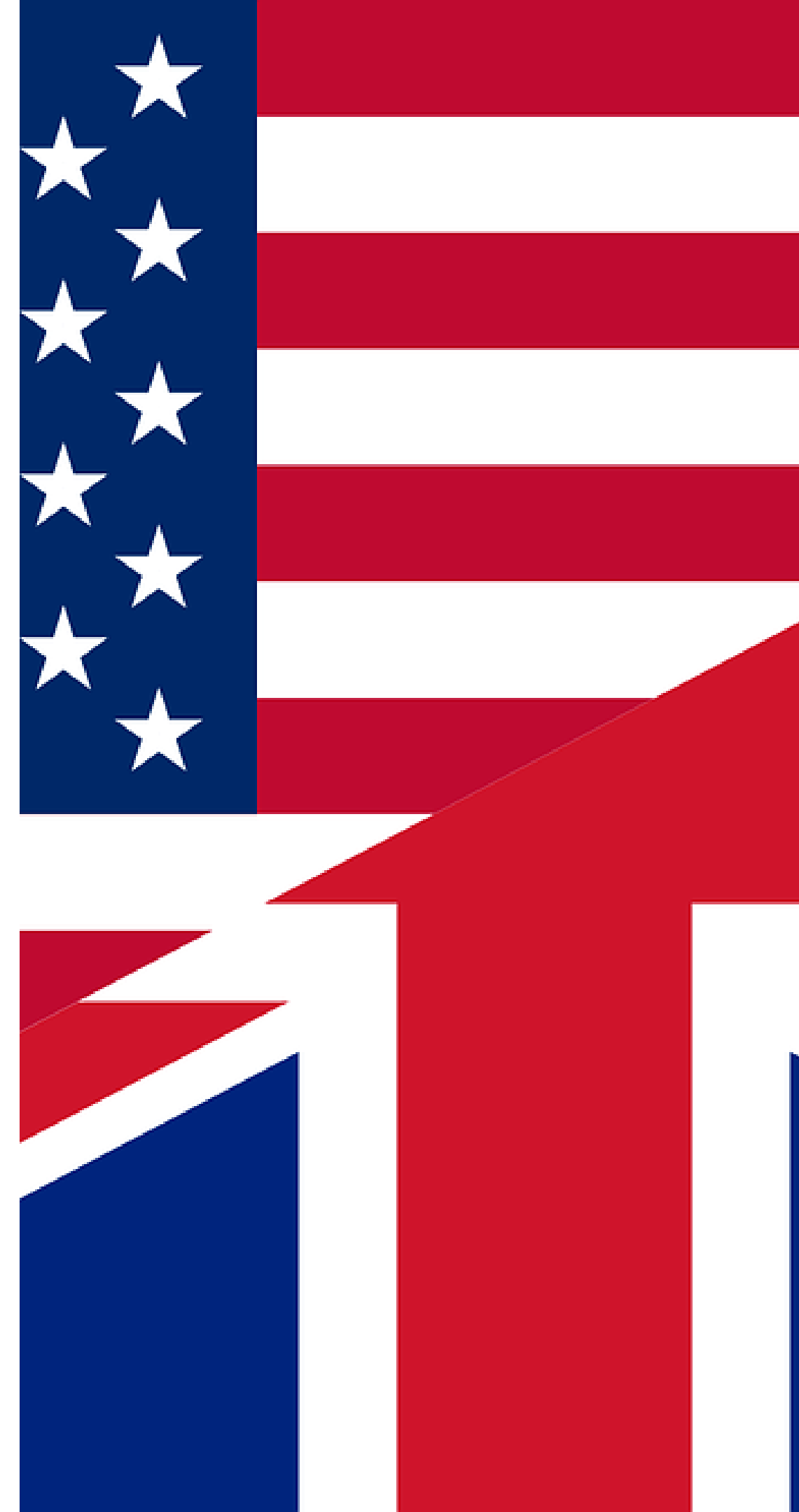
1-3 teams will train in the United States in Easter 2023. We will do our best to support the athletes to raise money. After registration, a form will be sent out where you can express your interest in this.

3.Elite level camps and Masterclasses

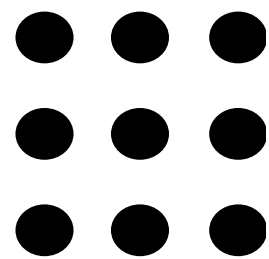
We have secured £50,000 of funding for this season, which will pay for training extras: elite-level classes, camps, clinics, workshops and additional sessions separate to their normal training sessions.

4.Other Funding Benefits

This funding will also be used to help some members with uniform costs, competition fees, transport to and from some competitions and mental health and nutrition workshops for sportspeople.

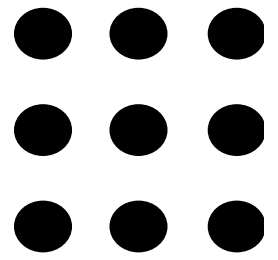


COSTS



Monthly costs can range from £35 to £100 per month depending on which team the athlete has been offered.

We do our best to include all expenses in this monthly payment to avoid requesting additional payments during the year. We also encourage partial payments to our Travel Agent each month towards any flights.



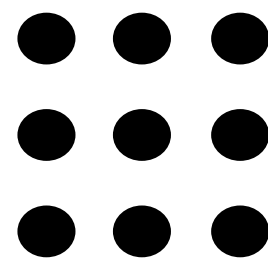
TEAM LEVEL REQUIREMENTS

Teams and levels will be decided based on the skillset of athletes at Try Outs AND programme needs.

Many athletes will be offered a place to be on more than one team this season (crossover).

- Level 0- Complete Beginners and athletes with less than level 1 skills should attend the Level 0 Try Out





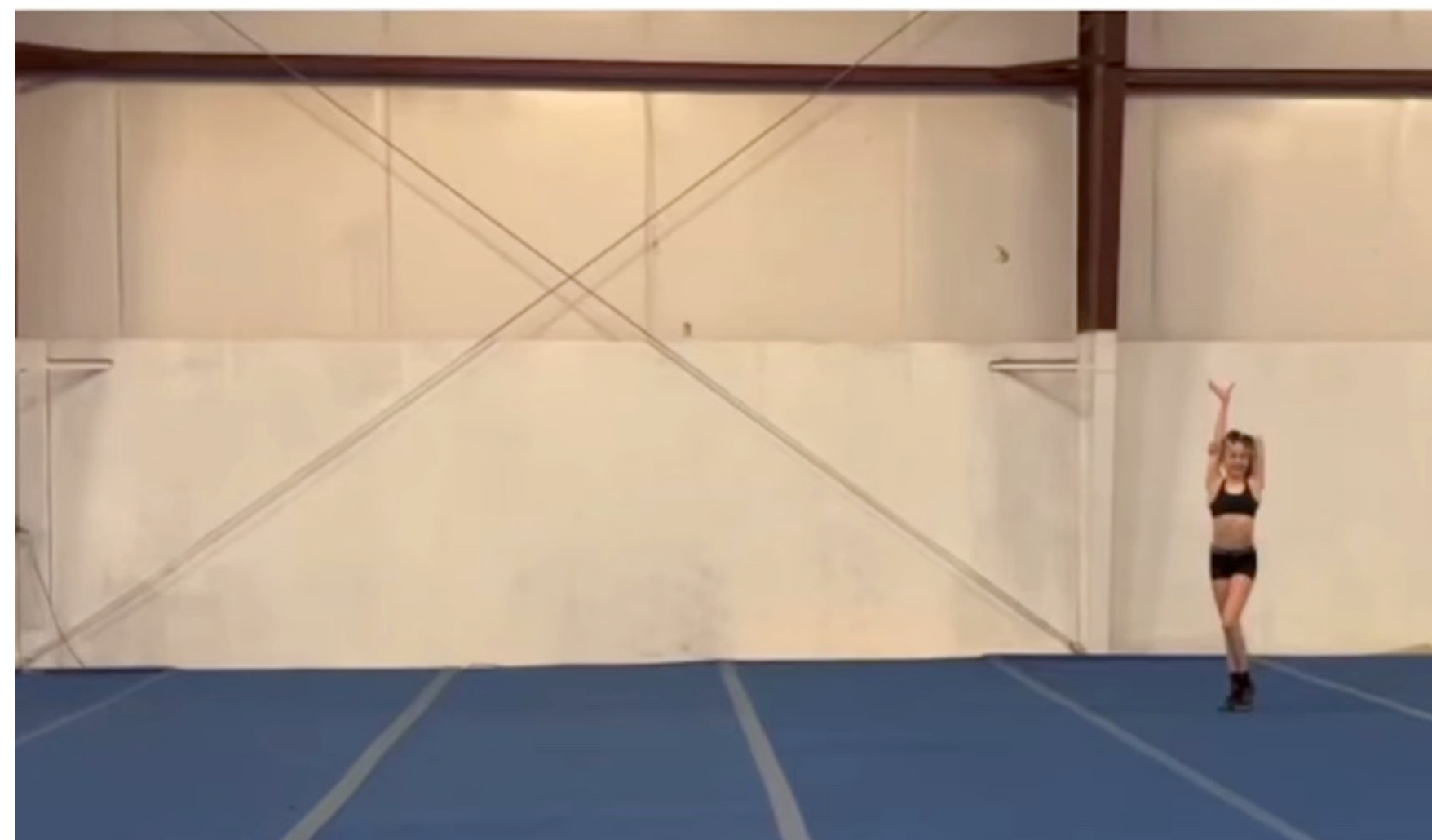
TEAM LEVEL VIDEO ROUTINES & DESIRED SKILLS

All athletes Level 1 and above should learn the appropriate Try Out routine by clicking the appropriate below YouTube link. They will have one chance to perform their routine and should learn as much as they can.

Athletes who for whatever reason cannot or do not learn a routine should still attend on their appropriate Try Out level day/days, where they will get the opportunity to demonstrate their skills.



designer.athletics
Designer Athletics





- Level 1 CARTWHEEL, FORWARD ROLL, HANDSTAND FORWARD ROLL, BACKWALKOVER OR BACKWALKOVER SWITCH LEG
<https://youtu.be/1h7d7-uWi6k>

- Level 2 ROUND OFF 2 BACKHANDSPRINGS, FRONTWALKOVER ROUND OFF BACKHANDSPRING, BACKHANDSPRING STEP OUT BACK WALKOVER BACK HANDSPRING, BACKHANDSPRING PAUSE BACKHANDSPRING
<https://youtu.be/AfoUsYzxGjY>

- Level 3 ROUND OFF 2 BACKHANDSPRINGS TO TUCK, PUNCH FRONT (FRONT TUCK) OR ARIEL THROUGH TO TUCK, STANDING 3 BACKHANDSPRINGS, 2 BACKHANDSPRINGS TO TOE TOUCH
<https://youtu.be/t47a38ie4s8>



- Level 4 ROUND OFF BACKHANDSPRING LAYOUT, WHIP THROUGH TO LAYOUT/PUNCH FRONT STEP OUT THROUGH TO LAYOUT/ROUND OFF WHIP TUCK, TOE TOUCH BACK HANDSPRING TUCK, STANDING TUCK

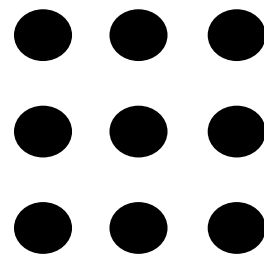
<https://youtu.be/AnBC6zW8ogA>

- Level 5 ROUND OFF BACKHANDSPRING FULL, SPECIALITY PASS TO FULL (WHIP THROUGH/PUNCH FRONT STEP OUT THROUGH/ARABIAN PAUSE), TOE TOUCH BACK TUCK, TWO TO LAYOUT OR TWO TO WHIP TUCK

https://youtu.be/NUvRQh_OK0E

- Level 6 ROUND OFF BACKHANDSPRING DOUBLE, SPECIALTY TO FULL OR DOUBLE, STANDING PASS TO FULL OR DOUBLE, STANDING FULL OR CARTWHEEL FULL

https://youtu.be/jd_kxBCDF0k



2. Frequently Asked Question

Which level should I attend/learn?

You should aim for a higher level but you would need to have the majority or all of the skills in that level to go for it (above). If not, stick to the level that you are confident with!

For level 1, if you cannot do a walkover but can do a back bend kickover, you should learn the level 1 routine and do the backbend kickover in your Level 1 Try Out.

But think safety first always!

Levels 2 and up Try Out routines will be performed on a Sprung floor.



TRY OUT SCHEDULE FOR LEVEL 0/BEGINNERS & SENIORS/MASTERS

Fri 15th July

6-7.30pm

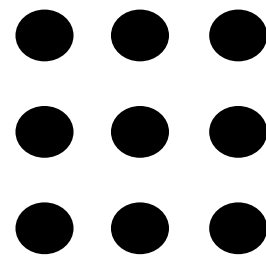
Beginners/Level 0 £10

Ages 6-16

6.30-8pm

Seniors/Masters £10

Ages 17 to adult



- No pre-learning required however, athletes with cheer experience should give learning their appropriate routine a go!
- Try Outs must be paid for and booked in advance.
- Age is determined by the athlete's age on the 31st Aug 2022.

For more information and to book visit
<https://the-angels-academies.class4kids.co.uk>

TRY OUT SCHEDULE FOR LEVEL 1

Monday 11th July

5-7.30 Level 1

£10

1st Floor Sports Hall



- This is the only compulsory session for athletes aged 6 to 16 (age as on 31st August 2022). Who have learnt the Level 1 Try Out routine and are aiming for a level 1 team placement.
- Athletes will do some training together in various areas before being asked to perform their Try Out routine/demonstrate their skills in small groups.
- This must be paid for and booked in advance.

For more information and to book visit
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TRY OUT SCHEDULE FOR LEVEL 2

Tues 12th July

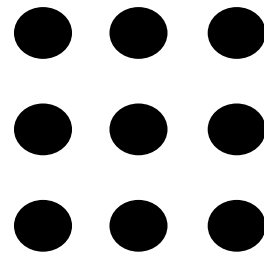
5.30-8

Try Out Prep and Stunting
£10

Thurs 14th July

6-7.30

Try Out Routines
£10



- There are two compulsory sessions for Level 2 athletes aged 6 to 16 (age as on 31st August 2022).
- Tuesday will be for training and stunt assessments in the sports hall. On Thursday, athletes will warm up together in the upstairs Sports Hall, before going to the Lower ground Sprung Floor area to perform their Try Out routine/demonstrate their skills one at a time.
- Both sessions should be attended to be assessed fairly and must be paid for and booked in advance.

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TRY OUT SCHEDULE FOR LEVELS 3 AND UP

Weds 13th July

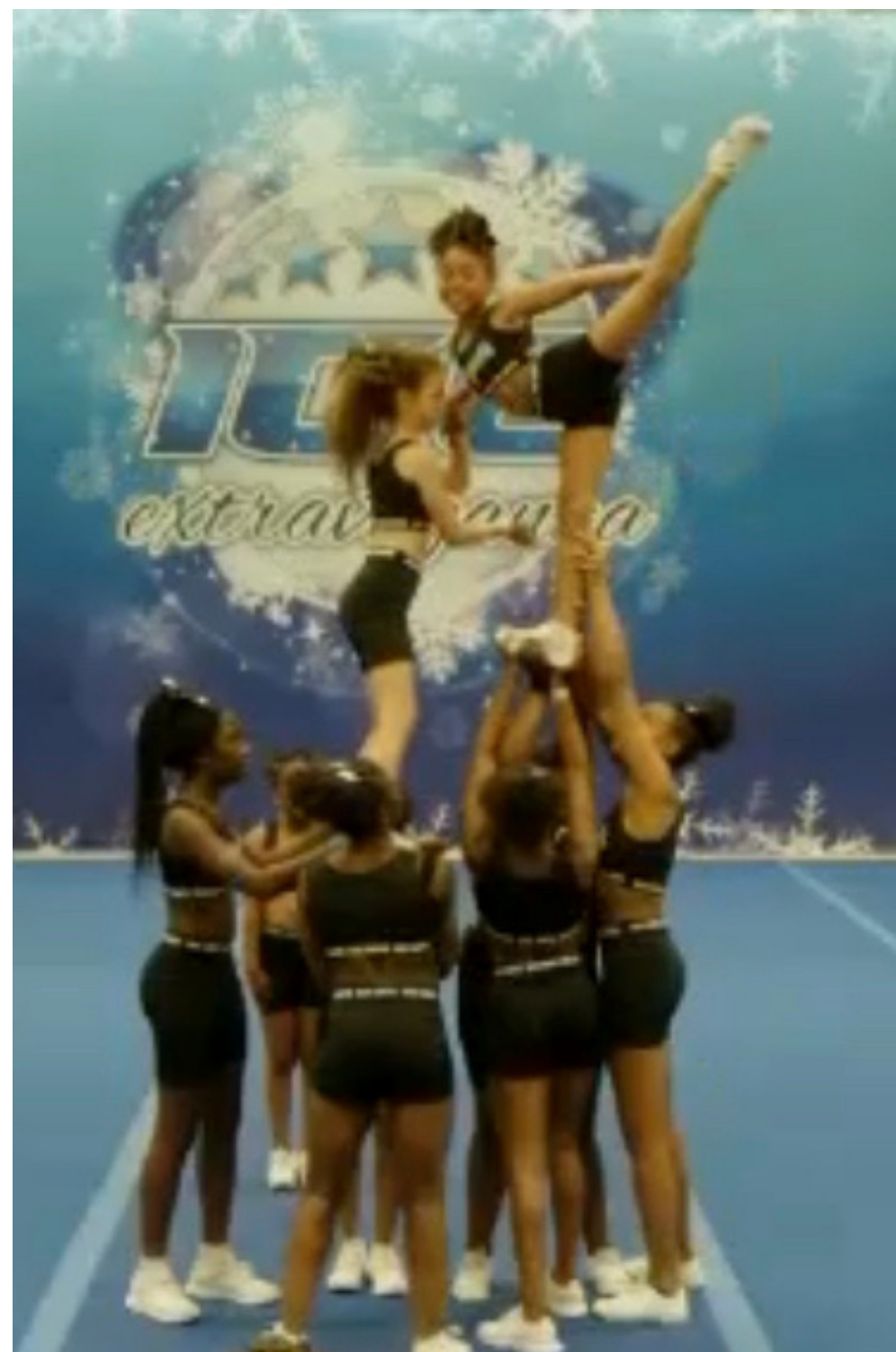
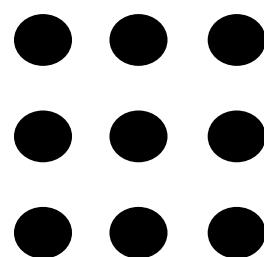
6-8.30

Try Out Prep and Stunting
£10

Thurs 14th July

7-8.30 (until completion)

Try Out Routines
£10

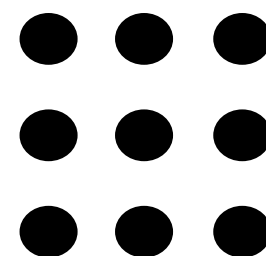


- There are two compulsory sessions for Levels 3 and up athletes aged 6 to 16 (age as on 31st August 2022).
- Wednesday will be for training and stunt assessments in the sports hall. On Thursday, athletes will warm up together in the upstairs Sports Hall, before going to the Lower ground Sprung Floor area to perform their Try Out routine/demonstrate their skills one at a time.
- Both sessions should be attended to be assessed fairly and must be paid for and booked in advance.

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POST-TRY OUT COMPULSORY PRACTICES FOR 3 TEAMS

Sat 16th	12-3pm	Group ?	£10
Sun 17th	5.30-8pm	Group ?	£10
Mon 18th	6-9pm	Group ?	£10
Tues 19th	5.30-8.30pm	Group ?	£10
Weds 20th	6-8pm	Group ?	£10
Thurs 21st	5.30-8.30pm	Group ?	£10

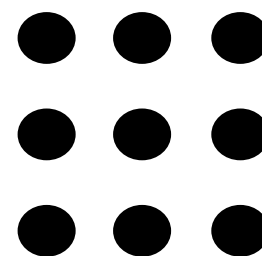


- 3 potential groups of athletes will be selected after Try Outs to start training straight away with the guest coach as potential teams. We won't know which teams/athletes until after all Try Outs. If this involves your child, parents will be informed by the evening of Friday 15th and sent a booking link to confirm attendance.
- This invite does not guarantee a full offer in that team, it just means that the U.S Coach is interested in working with these athletes together, to see what would work best.
- Athletes must be available for these practices.
- Unfortunately some of these times finish late because of availability in the sports hall and sprung areas. We aim to have older athletes on the later sessions and get them all out promptly.

PRE-TRY OUT NON-COMPULSORY CLASS

Flyers/Flexibility Techniques
Lower Ground Sprung Floor

Sun 10th July
6-7pm Ages 6-11
7-8pm Ages 12 to adult
£10



- This session is optional it will be conducted by our guest Coach.
- Flyers/Flexibility Techniques is for athletes of any level who would like to be considered as a Flyer (person who gets picked up). However there is no guarantee that they will be selected to fly once on a team.
- These must be paid for and booked in advance.

For more information and to book visit
<https://the-angels-academies.class4kids.co.uk>



NOW WHAT ?

- Sign Up for your appropriate session/s, you will be sent a form to complete and bring with you. Then after Try Outs, we will be in contact with you either by Friday 15th July or during the weeks following with your Team Placement result and full Season Information Pack.
- Attend Try Outs ready to perform, with hair/make-up tidy/cute, in cheer wear or t-shirt and shorts, clean trainers, socks and prepare to potentially do some things in bare feet. Please also bring a bottle of water and leave all jewellery and valuables at home.
- July's Try Outs are preferred. However, if you cannot make July's Try Out, there will be a late Try Out available the 1st week of September. You will be able to book this in advance here in a few weeks
<https://the-angels-academies.class4kids.co.uk>
- Athletes aged 3-5 do not need to Try Out, once you have registered your interest through our website, we will be in touch later in the Summer with info on a Sept/Oct start.

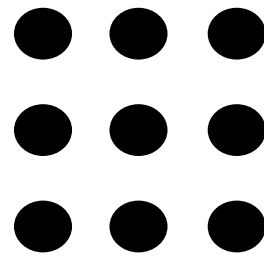


CONTACT US

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One Love, One Family, One Team

