

Angels Cheerleading Academy

2022-23 Season

INFORMATION PACKET

NON-BID TEAMS

*Moberly Sports Centre, 25 Chamberlayne Road, Kensal Rise, London, NW10
3NB*

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Supported by
Champion | TEAMWEAR

A Holistic Programme also offering Mental Health and Nutrition Support

Facebook- The Angels Academies
Twitter- @AngelsAcademies
Instagram- THEANGELSACADEMIES

Teams

Here is the current list of teams to start this season.

Toddlers (ages 3-4)
 Tiny 0/1 (ages 6 and below)
 Mini Level 0 (ages 8 and below)
 Mini Level 1 (ages 8 and below) – BID Team
 Junior Level 0 (ages 14 and below)
 Youth Level 1 (ages 11 and below) – BID TEAM
 Junior Level 2 (ages 14 and below) – BID TEAM
 Adults team Level 2 (ages 17+)- Masters

Please note that:

- Age is determined by age as on 31st August 2022
- A younger member may be chosen to be in an older team if needed.

You will be able to sign up to your allocated team here

<https://the-angels-academies.class4kids.co.uk>

Timetable

Here is the weekly class timetable starting Monday 19th September

| | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thur</i> | <i>Fri</i> | <i>Sat</i> | <i>Sun</i> |
|---------------------------------------------|------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------|----------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sports Hall 1st Floor | 5.30-7.30 Mini 1 5.30-6.15 Todz | | 6-7.30 Mini 1 Tumbling & Jumps 6-7.30 Youth 1 Tumbling & Jumps | 5.30-7.30 Youth/Junior 0/1 5.30-7 Mini 0 6-6.30 Junior 2 | 6-8 Youth 1 | 12-2 Masters 12-1.15 Tiny 0/1 | |
| Lower Ground Gymnastics Area | | 7-8.30 Lvl 2 Tumbling & Jumps (Starts in Sports Hall) | | 6.30-8.30 Junior 2 | | | 2-4 Once Monthly Levels 2 & 3 Development Practices- Harmony and Reign 2-4 Once monthly Level 1 and 2 Stunt Camps 6-7.30 |

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|--|--|--|--|--|--|--|--|------------------------|
| | | | | | | | | Tumbling & Jumps Lvl 3 |
|--|--|--|--|--|--|--|--|------------------------|

TODZ- Mondays 5.30-6.15 pm (starts Mon 7th November)

TINY 0/1- Saturdays 12-1.15pm

MINI 0- Thursdays 5.30-7 pm

MINI 1- Mondays 5.30-7.30 and Wednesdays 6-7.30 pm. Some Sundays.

YOUTH 1- Wednesdays 6-7.30, Fridays 6-8, Sundays 2-4pm (twice a month). Level 2 Tumbling on Tuesdays 7-8.30pm (invite only) once athletes have perfected their Level 1 tumbles.

JUNIOR 0/1- Thursdays 5.30-7.30 pm

JUNIOR 2- Tuesdays 7-8.30 pm and Thursdays 6-8.30, Sundays 2-4pm (twice a month). Level 3 Tumbling on Sundays 6-7.30pm later in the season (invite only) once athletes have perfected their Level 2 tumbles.

MASTERS- Saturdays 12-2pm, Sundays 2-4 pm (approx. once a month)

ALL FLYERS- TBC- Online Flyer class. Flyer kits/packs will be provided.

***A schedule for the monthly Sunday classes will be sent out separately.**

Competitions/Events

Please note that BID teams will not take part in all of these competitions and Masters might take part in some of the BID Competitions. Bid Teams are our 3 strongest teams with the aim of receiving the best BID available to them this season, to compete abroad in 2024.

| | | |
|--------------------|-------------------------------------|----------------------|
| Sept/Oct | Director's- Parent Conference | Location & Time TBC |
| Oct/Nov | Director's- Athlete Conference | Location & Time TBC |
| Oct ½ Term | Athlete's Nutrition Workshop | Location & Time TBC |
| 2x Season Optional | Athlete's Mental Health Workshop | Location & Time TBC |
| 4/5 Feb | Bid Teams Cheer City Competition | Warwick- Coach |
| 11/12 Feb | BID Teams Legacy Competition | Stratford |
| 25/26 Feb | Bid Teams ICE Competition | Fenton, Stoke- Coach |
| Mar/Apr | Angels Showcase | Moberly |
| 25/26 Mar | Bid Teams Cheer City Championships | Nottingham- Coach |
| 1/2 Apr | Bid Teams DC12 Nationals | Cardiff- Coach |
| 13/14 May | All Teams ICE Competition | Crawley |
| 20 May | BID Teams XOut comp | Worthing- Coach |
| 20/21 May | ? Cheer City Competition | Hertfordshire |
| 3/4 June | DC12 Competition | Stoneleigh- Coach |
| 10/11 June | Non-Bid Teams ICE competition | Peterborough |
| 24/25 June | Bid Teams ICE Championships | Fenton, Stoke- Coach |
| 23-25 June | ? Future Cheer Internationals | Bournemouth |
| 1/2 July | Bid Teams Cheer City Nationals comp | Loughborough-Coach |

Early July
Early July

Full Programme Photo
Summer Ball TBC

Willesden
Bloomsbury, Holborn

Try Outs

We had physical Try Outs in July for this season but those aged 5-14 and 17+ (age as on 31st Aug 2022) who missed them 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 19th 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 <https://the-angels-academies.class4kids.co.uk>

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

All joiners who do not send a video assessment or attend a physical Try Out will pay a £10 Registration fee on their first payment on the 1st October.

Half Term Dates/Training

Holiday Practices are based on need. Please keep them free until confirmed.

| School Holidays | Starts | Finishes | Practices | Teams |
|----------------------------------|----------------------|----------------------|--------------|-------------------------------------------------------|
| Pre-Season Training | 5 Sep 2022 (Mon) | 17 Sep 2022 (Sat) | Choreography | BID Teams |
| Autumn Half Term Holidays | 24 Oct 2022 (Mon) | 30 Oct 2022 (Sun) | Choreography | All Teams (Except Todz) |
| Christmas Holidays | 19 Dec 2022 (Mon) | 2 Jan 2023 (Mon) | N/A | BID Teams Potential Bag Packing/Fundr aising |
| Possible Pre-Year-Start Training | 3 Jan 2023 | 8 Jan 2023 | Training | BID Teams |
| Spring Half Term Holidays | 13 Feb 2023 (Mon) | 19 Feb 2023 (Sun) | Training | All Teams (Except Todz) |

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|--------------------------------------|------------------------------|------------------------------|-----------------|-----------------------------------------------------------------|
| Spring Holidays | 3 Apr 2023 (Mon) | 16 Apr 2023 (Sun) | Training | BID Teams And potential Fundraising activity |
| Summer Half Term Holidays | 29 May 2023 (Mon) | 4 Jun 2023 (Sun) | Training | All Teams (Except Todz) |
| Summer Holidays | 10 Jul 2023 (Mon) | | | |

Bank Holidays

Monday 26 December 2022, Tuesday 27 December 2022 & Monday 02 January 2023
 Friday 07 April 2023 and Monday 10 April 2023
 Monday 01 May 2023 and Monday 29 May 2023

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

Funding

We were very fortunate to have been voted for by our local Brent community to receive £50,000 in funding to benefit our athletes and local children. Our funding money will help everybody with competition uniform costs, mental health and nutrition workshops and some athletes with extra training sessions and other things.

Uniforms

We will be having professional cheerleading uniforms this season and will all wear the same (except Todz). To last, one, maybe two years. We have received funding to help with Uniform/Training wear costs for all teams from Tinies to Juniors. This will involve parents making a down payment, which will be returned at the end of the season if the athlete commits until the end. The athlete will then get to keep the uniform. Exactly how much a parent will be required to pay/contribute will be determined by how many members we have when it is time to order in November.

All BID Teams and Masters' athletes will be required to have the same cheerleading shoes, bag, and gear by our return after Christmas.

You are welcome to order your Nfinity Evolution cheer shoes here at any point

<https://www.excelcheer.co.uk/Nfinity-Evolution>

Fees

Fees are taken automatically, monthly on the 1st of each month, starting the 1st of October, and continuing until the 1st of July inclusive. We have taken the total amount for the year (removing school holidays) and divided this equally into 10 equal monthly payments. All joiners who do not send a video assessment or attend a physical Try Out will pay a £10 Registration fee on their first payment on the 1st October. This is to ensure that we keep it fair with everyone paying this initial £10 payment.

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

| | |
|------------------------------|-----|
| BID Teams- | £73 |
| Once weekly classes/Masters- | £36 |

2nd and 3rd Siblings/parent will receive an increased 20% 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. Although our funding will help towards some, it will not help towards all competition fees. 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, a Champion bag, and a Champion t-shirt by our return after Christmas. 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 '22). There are 15 spaces available to start with. Sign up to reserve your place as Trials do not hold spaces. Todz will start the week of 7th November (after Halloween) and will take part in two competitions this season. Toddlers do not need to Try Out or send a video assessment. You are welcome to sign up to or Trial this class here <https://the-angels-academies.class4kids.co.uk>

MASTERS

Is our team for athletes aged 17+. They have a 1st place winning streak. We accept beginners who are willing to commit and dedicate time to practice in and out of classes. New Masters must submit a video assessment (see Try Outs section above). Last Season Masters will have the £10 Registration fee (which all athletes will pay in the form of a Try Out fee or Registration fee) taken from their account with the fee on the 1st October. 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 start Saturday 24th September, from 12-2 pm with additional compulsory stunt workshops on some Sundays (schedule/times to be provided).

Masters will likely take part in 2 or more competitions on the list this season and must have cheer shoes (see Uniform section above).

WHAT TO BRING TO CLASSES

Please wear past Angels wear if owned, or comfortable clothing i.e T-shirt, shorts, crop top, vest leggings, socks, clean trainers (that are preferably only used for cheer) and bring a bottle of water. Please do not wear hoodies or jewellery. More on uniform ordering to be shared in a few weeks once athletes have settled.

Although they are not compulsory for Non-Bid teams, we recommend that all our athletes wear professional cheer shoes to class. You are welcome to order your Nfinity Evolution cheer shoes here at any point <https://www.excelcheer.co.uk/Nfinity-Evolution>

United States/Coaches Assistance

Due to the Covid Restrictions still being implemented in the United States, if nothing changes over the next few weeks, sadly we will have to postpone the planned trip there for Easter as we are aware that many of us do not meet their requirements. If our BID teams are successful with receiving a BID this season, they will need to travel to the States in April 2024 to compete anyway. So, we will plan for this instead hoping that restrictions will be relaxed by then. Failing that the Bahamas also offer a Cheer competition and Bids will also be offered for that this season.

A guest Coach from the U.S will choreograph our 2022-23 BID team routines, for the training on the 5-18th September. He will also be involved from a distance throughout the course of the year, as he judges at the competition in the US that we are hoping to win BIDS for. We are very fortunate to have 3 All-star Worlds Judges assist us with choosing our teams this season, music, planning and choreography. Based on what they believe would give us the strongest chance to receive a bid.

Whats App Groups

Will be formed after the teams have settled into training. We use these groups to keep parents informed about everything and should be kept an eye on. Group members must not share unrelated information or negative messages that would encourage negative rumours and gossip. These are spaces for effective communication. Negativity is contagious and 'does not work' for anybody including your athlete.

Complaints and Feedback

Should be communicated via this form <https://forms.gle/AmxIGwsUzF9U68KW8>
Please do not approach or send direct messages to Coaches or Coach Natalie. You may, however, call Coach Natalie for an effectively communicated discussion but not whilst your emotions are still high.

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 all coaches and hall hires will still have to be paid for. If we cancel a class because of this, then you will not be charged for it.

Please confirm your space by signing up to your allocated team here <https://the-angels-academies.class4kids.co.uk> No payment is due at this stage.

Thank you and look forward to potentially having you with us this season!