



# TRYOUT PACK 2023-2024



## WELCOME TO THE 2023-2024 SEASON WITH MOMENTUM CHEER!

Here at Momentum, we use the fast paced, competitive world of cheerleading to develop life skills such as teamwork, commitment, respect, and self worth. As well as teaching athletes high-intensity stunt, dance, and tumble skills, we believe that cheerleading instills its participants with values and friendships that will reach far beyond their time as an athlete!



# Your 23-24 season starts here!

## Contact details

### Program Directors:

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### Email:

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### Training Location:

Momentum Cheer UK

The Old Church

Uttoxeter Road

Stoke-on-Trent

ST3 6AA

This pack contains all of the information that you will need to make an informed decision about the upcoming season. In order to field competitive teams, all athletes will try out and, after a successful tryout, coaches will place athletes on the appropriate team.

It's vital that, if you choose to try out, you read this pack in its entirety, check that the financial commitments are possible for you, and confirm that all dates work with your schedule.





# TRYOUTS: 8th July | CALLBACKS: 9th-13th July

 **The Old Church, Uttoxeter Road, ST3 6AA**

## STEP 1

Sign up for a tryout slot by filling out the online form at [www.momentumcheeruk.com/tryouts2023](http://www.momentumcheeruk.com/tryouts2023). We'll then assign your tryout time based on age, skill, and options checked on the form.

## STEP 2

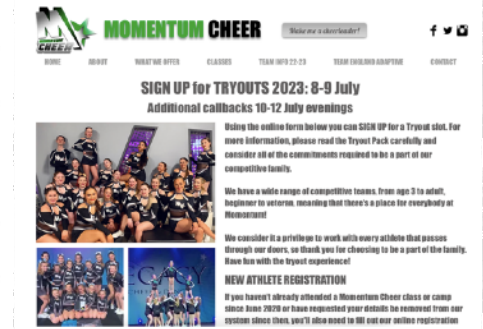
New athletes not currently in our Coacha registers must fill out the new athlete registration form found at [www.momentumcheeruk.com/tryouts2023](http://www.momentumcheeruk.com/tryouts2023) - If you're not a new athlete, proceed to Step 3!

## STEP 3

Pay the tryout fee (£18) via the prepay link sent to the main contact email address on your Coacha profile. Once that's done, **you're all set to turn up at your designated time on Saturday 8th July.**

## STEP 4

Junior and Senior team eligible athletes will then be invited via email to a second round of tryouts at team callbacks depending on age and skill level. Callbacks will take place in team training slots, Sunday 9th - Thursday 13th July. See page titled 'Training Days, Times, Fees' for these slots.



**Remember... The tryout process is the start of the new season - it's designed to be exciting and a chance for athletes to demonstrate where they're at right now as well as their potential - enjoy it!**

**Tryouts are mandatory for any athlete who wishes to be placed on a team.** Staff will place each athlete to create the most competitive team set-ups and where athletes will have the best experience of the season. Placements will depend on age, commitment, attitude, performance, and stunt/tumble/jump ability. Athletes will be notified of their placement via email at the end of the tryout process with all placements being sent by **11:59pm on 14th July 2023.**

## If you're not around...

Attending tryout weekend is the best way for coaches to see your skills. If you can't make tryouts, there are two options for your tryout process:

### -Video Tryouts

If athletes choose to submit tryout videos instead of attending in-person tryouts, athletes will need to sign up on the website as normal and check the box for 121/video submission. You'll then get an email asking you to send:

- a video of the tryout dance
- any available videos of stunt, tumble, and jump skills

These must be submitted to [momentumcheeruk@hotmail.com](mailto:momentumcheeruk@hotmail.com) **by 11:59pm on 7th July 2023**, with the subject line 'ATHLETE'S NAME – TRYOUT'. A link to pay the tryout fee will be sent and must be completed before the deadline.

### -Private Tryouts

Email [momentumcheeruk@hotmail.com](mailto:momentumcheeruk@hotmail.com) to arrange a tryout within a 121 slot. You must still sign up on the website as normal and check the box for 121/video submission. The tryout fee must be paid before your session (121 slots also incur a 121 fee).

**Welcome to the family!**

## **REGISTRATION INFO**

**FEE: £75 due on acceptance via online link**

**LINKS: Reg Fee, Subscription, Acceptance Form**

**MEETING: Drop in session 21st July, 6:00 - 8:00pm**

All links must be completed before your registration on the 21st July. This will include the payment of your registration fee, setting up your monthly subscription payment for August onwards, and filling out the Acceptance Form. All three links will be sent out with your placement email.

**\*NEW\*** Your acceptance form will include a requirement that all athletes must purchase their own cheerleading personal accident insurance before accepting a place on a team - around £20-£30 for one year.

All athletes, plus one parent/guardian for under 18s, must attend the Registration Drop In Session anytime between 6-8pm on the 21st July in order to be registered for their team(s). Please inform a coach at tryouts if you anticipate a problem with attending.

**Training will commence from Monday 24th July.**



# TRAINING DAYS, TIMES, FEES

## OUR TEAMS...

We place our athletes on the very best teams for success at their age and level of skill. With the introduction of a new age grid and scoring rubric in play, we're currently looking to field teams in the below age categories and each team's level will be confirmed after tryouts.

## Monthly Membership

**One Team:** £48 per month

**Tiny Team:** £38 per month

**Crossover (Second team):** +£13 per month

Instalments also cover the season's admin, gym overheads, weekly training sessions, and additional coaching on event weekends. The season's costs are divided evenly over the year, regardless of the amount of coached time that month. All team athletes get discounts on optional classes, camps, and open gyms.

**Sibling Discount:** 15% off monthly fee

**How to pay:** A subscription for this monthly fee will be set up via debit or credit card at registration. The athlete's first monthly payment will be charged on 1st August, and then on the 1st of every month onwards.

Team	Age	Routine Training	Skills Class
Tiny Team	Age 3-6	Wed 4:45pm - 5:45pm	Fri Tiny Tumble 4:45 - 5:30pm
Youth Team	Age 7-11	Sat 10:00am - 12:00pm	Fri Tumble - see chart below
Junior Elite	Age 7-14	Tue 5:30pm - 7:30pm	Weds or Fri Tumble - see chart below
Senior Adaptive	Age 11+	Thur 5:30pm - 7:30pm	Coaches will help to find the right skills class for you
Senior Intermediate	Age 11+	Mon 7:00pm - 9:00pm	Over 18s Mon Skills / Under 18s Fri Tumble - see chart below
Senior Elite Team	TBC	Weds 6:00pm - 9:00pm	Over 18s Mon Skills / Under 18s Fri Tumble - see chart below
Open Non Tumble	Age 16+	Thur 6:30pm - 9:30pm	Over 18s Mon Skills / Under 18s Fri Tumble - see chart below
Open/Masters Team	Age 17+	2nd + 4th Sun - time TBC	Over 18s Mon Skills / Under 18s Fri Tumble - see chart below
2nd Senior Elite	TBC	1st + 3rd Sun - time TBC	TBC - Team will depend on interest and skill level at tryouts
Senior Stunt Groups	TBC	Thur 7:30pm - 8:30pm	Crossover only - Must also be on a team

All times in bold are required for placement on that team. Times not in bold are included but not required. All times subject to change.

## SKILLS CLASSES

**Mondays**  
6:00 - 7:00pm  
Senior skills class - stunt, jump, tumble - including adaptive

**Wednesdays**  
6:00 - 7:00pm  
Elite tumble - invite only

**Fridays**  
5:30 - 6:30pm  
(age 7-18)  
I am working on my handstand, rolls, cartwheels and backbend

**Fridays**  
6:15 - 7:15pm  
(age 7-18)  
I have my backbend, I am working towards my walkovers

**Fridays**  
7:00 - 8:00pm  
(age 7+)  
I have my walkovers, I'm working on handsprings

**Fridays**  
8:00 - 9:00pm  
(age 7+)  
I'm working on my elite handspring connections

## Choreography Camps

All teams will have additional choreography camps throughout the season. **Each team will be given a specific time slot, and each camp will cost £22 per athlete per team.** Attendance at the camps is **mandatory** and any athlete missing will not be choreographed into the routine. All athletes will need to keep the **whole of the following weekends free** for choreography until times are confirmed at registration.

### Choreo Camp 1

Saturday 7th - Sunday 8th October 2023  
Saturday 14th - Sunday 15th October 2023  
Saturday 21st - Sunday 22nd October 2023

### Choreo Camp 2

Saturday 13th - Sunday 14th January 2024  
Saturday 20th - Sunday 21st January 2024  
Saturday 27th - Sunday 28th January 2024

## RED ZONE:

Our absence policy states that **no absences from weekly sessions** will be excused during the **3-4 weeks before any event** (on next page). Keep all Red Zones in mind when booking absences to avoid being replaced.

# Your time to shine!

## Competition Dates & Payments

**Competition payments - 2 instalments** (shown below) - this covers athlete entry fees as well as admin for each event.

Competition fees will be paid via online payment link:

Payment 1: due 30th September 2023

Payment 2: due 30th November 2023

Athletes must be able to confirm that they are available for the entirety of their team's competition weekends by registration.

### Competition Schedule

All teams will attend both our Blast Off and Touch Down showcases. All teams are scheduled to compete at 3 or 4 competitions throughout the season - see below for each team's intended competitive events.

#### PERFORMANCE DATES:

17th December 2023 (TBC) - ALL TEAMS  
BLAST OFF Showcase  
Stoke-on-Trent

10th & 11th February 2024  
Spring Open - Regional Competition with  
Cheer City  
Nottingham

16th - 17th March 2024  
ICE Cooler - Regional Competition with ICE  
Stoke-on-Trent

6th - 7th April 2024  
Adventure in Atlantis - Super Regional  
Competition with Future Cheer  
Stoneleigh [Coventry]

8th - 9th June 2024  
Live Your Legacy - National Competition  
with Legacy Cheer & Dance  
Birmingham

15th - 16th June 2024  
Cheer City Nationals - National Competition  
with Cheer City  
Loughborough

23rd June 2024 (TBC) - ALL TEAMS  
TOUCH DOWN Showcase  
Stoke-on-Trent

Team	10-11 Feb	16-17 Mar	6-7 Apr	8-9 Jun	15-16 Jun	Payment 1	Payment 2
Tiny Team	✓	✓			✓	£55	£50
Youth Team	✓	✓			✓	£55	£50
Junior Elite		✓	✓	✓	✓	£85	£80
Senior Adaptive		✓	✓	✓	✓	£80	£75
Senior Intermediate	✓	✓			✓	£55	£50
Senior Elite Team		✓	✓	✓	✓	£85	£80
Open Non Tumble	✓	✓	✓		✓	£75	£70
Open/Masters Team		✓	✓	✓	✓	£85	£80
2nd Senior Elite		✓	✓	✓	✓	£85	£80
Senior Stunt Groups		✓	✓		✓	TBC	TBC

**Athletes on two teams** will have their fees calculated based on competitions and crossover costs for their second team, which tend to be slightly less than paying for two full competition fees.

# What else do I need? - Additional Costs



## Cheerleading Shoes

All athletes will be required to independently purchase **all-white cheerleading shoes** from cheerleading apparel companies. There are shoes suitable for all budgets. Split-soled cheerleading/dance shoes are not allowed. If your athlete is a flyer or tumbler they may want specific ones - feel free to ask for more info! Athletes must have these shoes **in time for their first choreography camps in October.**

## Training Kit

All athletes receive a team T-shirt before choreography camps. We also have a range of Momentum training kit available to pre-order and purchase from our Pro Shop at reception throughout the season. **We require all athletes on teams to wear Momentum-branded or plain black training kit at all sessions.**

## Competition Uniform

**\*NEW\*** Uniform Time! We have come to the start of a new 2-3 year cycle of uniforms and, following feedback, we're adding **MORE SPARKLE** this season! On the right are examples of our previous uniforms over the years and we'll release new designs when they're ready!

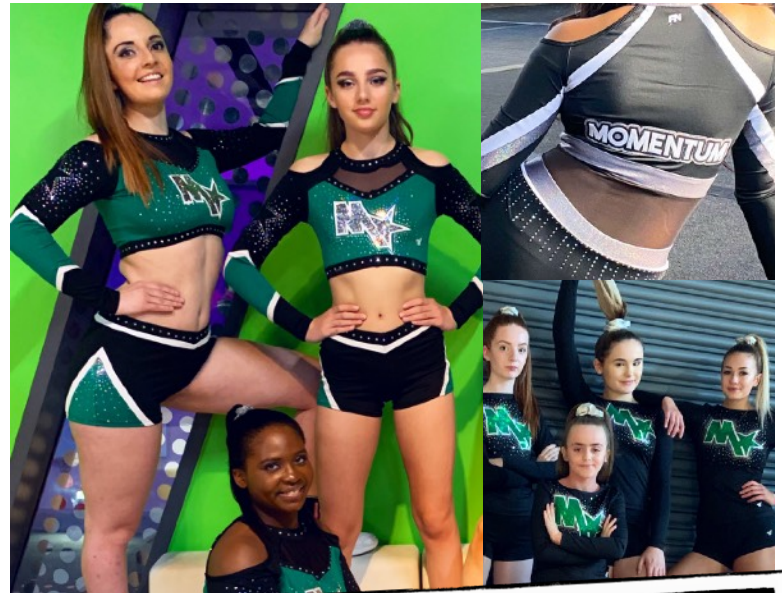
**Tiny & Youth teams:**  
Sparkly uniform (around £80)

**Senior Elite team(s):**  
Elite Rhinestoned uniform (around £200)

**All other teams:**  
Rhinestoned uniform (around £130)

**All Teams:**  
Bow: £15 - yours to keep and look after.  
Crossovers may require 2 different bows.

Payments due 31st August.



## PAYMENTS

As a small business we are extremely aware of the current financial climate. If you might struggle to pay costs by each deadline, please get in touch so that we can work with you to try to find a solution.



Please remember that incidental costs will occur throughout the season, particularly around competitions.

## Spectator Tickets

This season, competition spectator tickets will be largely ordered through us throughout the year. We'll send you more information once we have it.

BLAST OFF and TOUCH DOWN showcase tickets will go on sale through Momentum in the weeks leading up to the events.

## Transport to Competitions and Events

All athletes/spectators are responsible for their own transport to competitions and events. All athletes under the age of 18 must have a parent or guardian with them for the whole duration of all events that happen outside of the Momentum gym. For these reasons, please ensure that you budget for transport and spectator tickets to all competitions well in advance.

# See you at tryouts!

Thank you for your interest in Momentum Cheer!

We especially thank you for taking the time to carefully read through the commitments required for a competitive cheerleading experience with us. We know that this can be a lot of information so if you have any questions, please don't hesitate to contact us via [momentumcheeruk@hotmail.com](mailto:momentumcheeruk@hotmail.com)

Our staff are so excited to share the world of competitive cheerleading with everyone so will do what we can to support your journey into what, we think, is the best sport in the world!

