



MOMENTUMCHEERUK.COM
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@MOMENTUMCHEERUK



THE OLD CHURCH
911 UTTOXETER ROAD
STOKE-ON-TRENT
ST3 6AA

CELEBRATING 20 SEASONS OF MOMENTUM

ABOUT US

We are a nut-free gym. If you have any anaphylactic allergies other than nuts, please let us know before tryouts!



At Momentum, we are passionate about our sport and dedicated to ensuring the safety, development, and confidence of our athletes. Our National & World Championship-winning coaches use the competitive world of cheerleading to develop teamwork, commitment, respect, and self worth. As well as teaching athletes high-intensity skills, cheerleading instils values & friendships that will reach far beyond the gym!

Every year, we eagerly welcome athletes to our program and look forward to honouring a new group of competition team '**Veterans**' (athletes/coaches in their 5th, 10th, and 15th consecutive competitive seasons)!

We encourage all athletes to embrace the team placement process! Your enthusiasm and attitude are just as vital as your skills. Keep in mind that your previous seasons and dedication will also play a significant role in your tryout experience!

"I started cheerleading when I was 12, I was very shy and I massively struggled with public speaking and my confidence as a whole. Cheerleading has taught me to trust my mind and my body in both being an athlete and being a coach. I now speak confidently to groups of athletes without a second thought. Momentum cheer has been a constant for me for more than ten years now and I know it will always be there to support and encourage me to grow and to not only be a better athlete but also to be a better person."

- Bella, 11th season athlete & coach



WHERE WE ARE

Our gym is located just off the A50. Head to the Meir roundabout and down the eastbound slip road. You'll find us up the steps and through the front door of The Old Church!



Our tryout process means that most athletes must attend more than one tryout session on more than one day, meaning that we'll get a better idea than ever of each athlete's strengths & can place great teams - from beginner to elite! Please read through the pack carefully to make sure that you select the correct sessions for you/your athlete!

YOUR 26-27 SEASON STARTS HERE!

P4

Tryouts

Tryouts for season 20 take place at our gym (The Old Church) between 4-10 July 2026.

P7

Weekly Training

When you can expect to be in the gym, training your skills with and for your team.

P9

Season Costs

All the costs of the season including info on the incidental costs and the top-up/new items you might need.

P6

Registration

All the practical steps to take after you get your placement offer.

P8

Choreo, Competitions & Events

A list of all extra commitments for the season.

P10

Worlds Team

Info about our ASW team including extra costs of competing at this level.



TRYOUTS 2026

4 - 5 July

with callbacks 6 - 10 July

Athletes must participate in tryouts to be placed on a team based on age, commitment, attitude, performance, and skill level. This ensures the right team set-ups for the season. Team placements will be communicated via email by 11:59pm on 15th July, 2026.

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 alternative options for your tryout process:

-Private Tryouts

You must check the box in the tryout sign-up form for 121 tryouts and book a slot. If all slots sell out, you'll need to submit a video. The tryout fee must be paid before your session (121 slots also incur a 121 fee).

- Video Tryouts

If athletes choose to submit tryout videos instead of attending in-person tryouts, athletes will need to check the box in the tryout sign-up form for video submission. You'll then get an email asking you to send recent videos of your cheerleading skills including clear instruction on who you are in which clip if there are more teammates in the clip.

These must be submitted to momentumcheeruk@hotmail.com by 11:59pm on 30th June 2026, 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.



SIGN UP

1

Sign up for your tryout slots by filling out the online form at momentumcheeruk.com/tryouts2026

NEW
ATHLETES

2

New athletes not currently in our Coacha registers must fill out the new athlete registration form found at momentumcheeruk.com/tryouts2026 - If you're not a new athlete, proceed to Step 3!

TRYOUT
FEE

3

Pay the tryout fee 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. The baseline tryout fee is £20. Tumble & Flyer Evals are an added £5 and FIREBRAND tryouts are an additional £10 per tryout.

CALLBACKS

4

All 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, Monday 6th - Friday 10th July.



TRYOUT SCHEDULE

We hope all athletes enjoy the team placement process - your excitement & attitude are as important as your skills! Remember that your past season(s) and previous commitment will also contribute to your tryout process.

All athletes born in 2007 - 2020 must attend the tumble evaluation for their skillset (see opposite). Any athletes born in 2006 or earlier may attend a tumble evaluation if interested in being considered as a tumbler.

All athletes who would like to be considered for a flying position this season must attend a flyer evaluation slot on Saturday 4th July.

All athletes must attend stunt & dance evaluations on Sunday 5th (athletes must attend ALL timeslots for their age if they fit more than one). Your one tryout fee covers all non-travel sessions.

Sign up for your tryout slots by filling out the online form at momentumcheeruk.com/tryouts2026



SATURDAY
4TH JULY

TUMBLE + FLYER EVALS

Book a 30min 1-2-1
individual slot within these
times:

9:00-11:30 - birth years
2014 - 2020

13:00-16:00 - birth years
2007 - 2013

16:00-16:30 - birth years
2006 + earlier

SUNDAY
5TH JULY

STUNT & DANCE EVALS

9:00-10:00 - birth years
2018 - 2020 (U8s)

11:00-12:30 - birth years 2010
- 2017 (U14s & U16)

15:30-17:00 - birth years 2015
+ earlier (Senior/Adaptive
divisions)

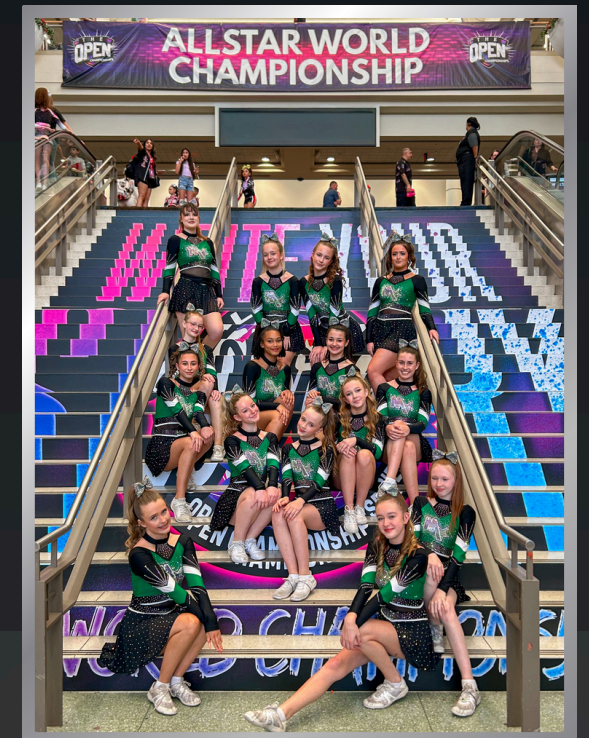
17:30-19:00 - birth years 2011
+ earlier (Int. Open Non-
Tumble divisions)

19:30-20:30 - Level 7 - birth
years 2010 or earlier.
Invitation-only based on Int
Open tryout

ADDITIONAL
TRYOUT

FIREBRAND - WORLDS TEAM

Wednesday 1st July
17:30-19:30 - FIREBRAND
Travel Team Tryouts (birth
years 2007 - 2015) **See page
10!**



CALLBACKS: 6TH - 10TH JULY

All athletes will then be invited via email to a second round of tryouts at team callbacks. Callbacks will take place Monday 6th - Friday 10th July - you may be called back to multiple slots. See page titled 'Training Schedule' for days, exact times may vary.

REGISTRATION

An easy 3-step process to accepting your team placements...

COMPLETE THE LINKS

LINKS: Reg Fee, Subscription, Acceptance Form

All links must be completed by 15th 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.

ARRANGE INSURANCE

INSURANCE: Follow the link in the acceptance form

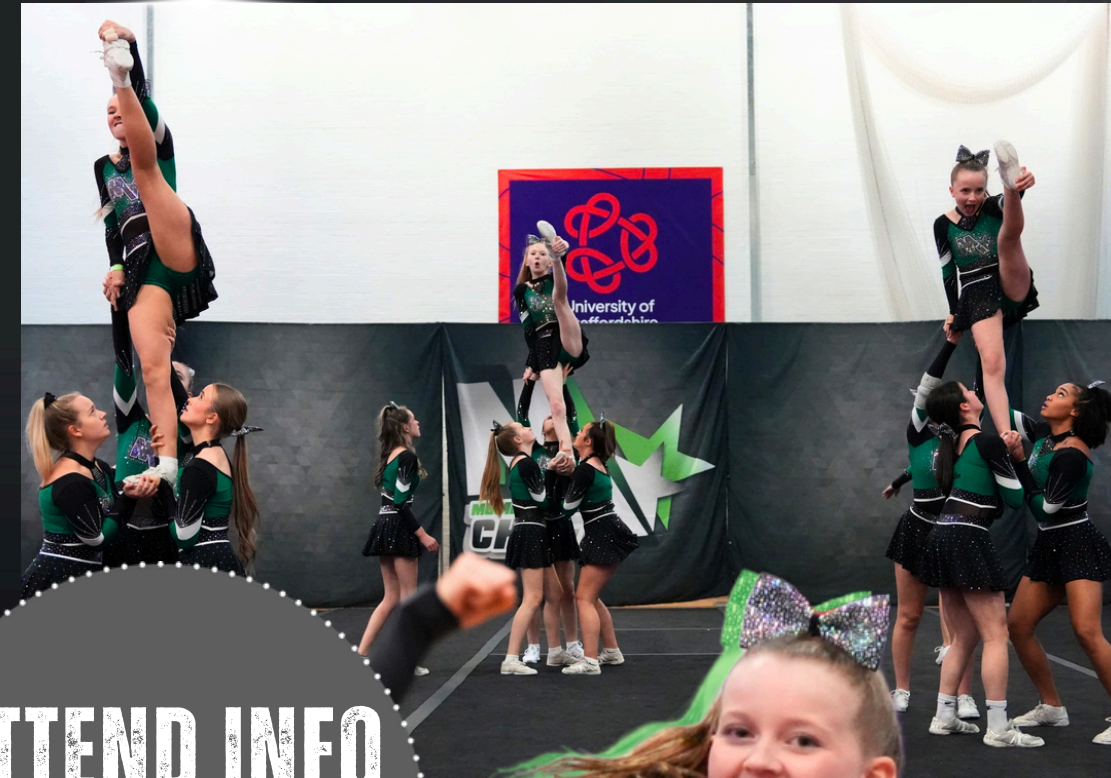
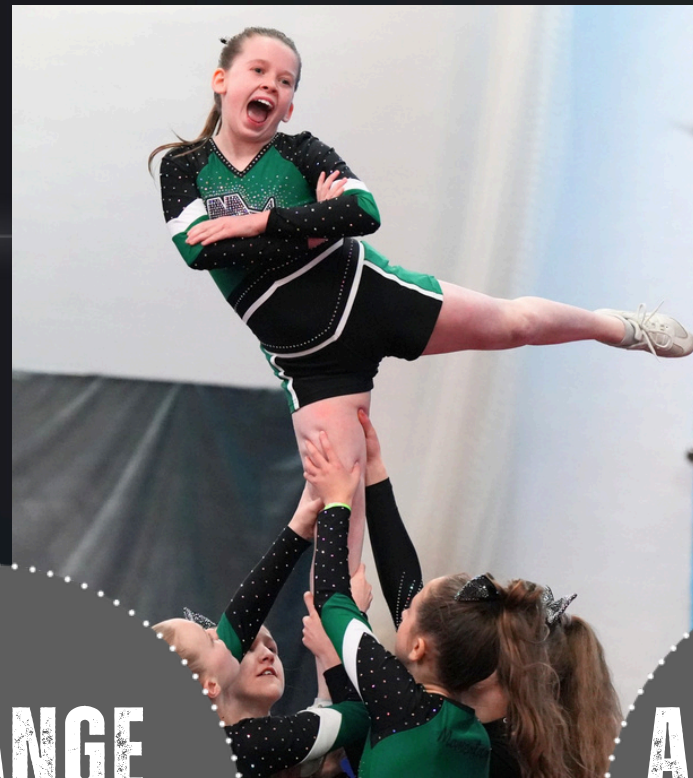
All athletes must purchase their own cheerleading personal accident insurance before accepting a place on a team - around £30-£40 for one year. If you have already purchased this in previous seasons, this should renew automatically.

ATTEND INFO MEETING

DROP IN: 16th July,
17:30-18:30 birth years 2011-2020
18:30 - 19:30 born 2010 & earlier

All athletes, and/or one parent/guardian for under 18s, must attend the Registration Drop In session to be registered for their team(s). Please inform a coach at tryouts if you anticipate a problem with attending.

WELCOME TO MOMENTUM!



TRAINING SCHEDULE

OUR TEAMS

Teams listed on the schedule opposite will be narrowed down to specific age brackets and divisions/levels once skills have been assessed at callbacks. We will place all athletes on the very best teams for success at their age and level of skill & commitment.

TRAINING ATTENDANCE EXPECTATIONS

Allstar cheerleading takes full commitment from athletes & parents. One person's attendance affects entire teams, and every session is vital. Punctuality & consistent attendance are crucial and required of team athletes.

Planned absences are booked online with minimum 4 weeks' notice. Athletes are also allowed 3 unplanned absences (e.g. last minute commitments, sickness, etc.). More than 3 absences, and coaches may need to alter athletes' roles.

No absences of any kind is allowed during the 3 week **Red Zones** before events - keep this in mind when booking absences to avoid being replaced or minimised. There is ONE half term in a Red Zone this season (Summer half term) - we will not be accepting absences for that half term.

PROPOSED WEEKLY CALENDAR - TRAINING COMMENCES 20/07/26

MONDAYS

17:30 - 19:30
STRIKE//FORCE or
RENEGADE -
youth/junior team
19:30 - 21:30
REBELLION - non-
tumble team

TUESDAYS

17:00 - 18:30
WRECKERS or
STRIKE//FORCE -
Youth Team
18:30 - 19:30
Stunt Class -
mandatory for non-
tumbling athletes
[except L7]
19:30 - 21:30
Level 3 or 4 tumble
team

WEDNESDAYS

17:30 - 19:30
FIREBRAND - senior
worlds team
19:30 - 21:30
ICON.7 - projected NT
L7 team - every other
week [alternating with
Open Gym - free to L7]
19:30 - 22:00
Open Gym - every
other week

THURSDAYS

Tumble Day!
Tumble classes based
on current skills -
mandatory for all
tumbling teams.

FRIDAYS

17:30 - 19:30
U16 team
19:30 - 21:30
Potential additional
senior team or stunt
groups

STUNT GROUPS

As we begin to receive
signups for tryouts, we
expect some divisions to
evolve into crossover
level-up stunt groups!
Dates and times are to
be confirmed!

ADAPTIVE CHEERLEADING

We currently project that one of the above time-slots will be adaptive cheerleading. This will be based on tryouts so day/time cannot be confirmed until after all athletes have been evaluated.

SKILLS CLASSES

All athletes on all teams except NT7 must attend an additional skills class (stunt or tumble). For most athletes on tumbling teams this will be **Thursday tumble**; for most athletes on non-tumbling teams, this will be **Tuesday stunt**. The most suitable class will be assigned at registration.

CROSSOVER ATHLETES

Where age ranges and team composition allows, athletes have the option to train on more than one team. These athletes are called 'crossovers'.



CHOREOGRAPHY, COMPETITION, & EVENT DATES

CHOREOGRAPHY & UPGRADE CAMPS

Each team will be given time slots for Autumn & January choreography camps and May upgrade camps. Your teams' camp dates and times are confirmed at registration & attendance is mandatory.

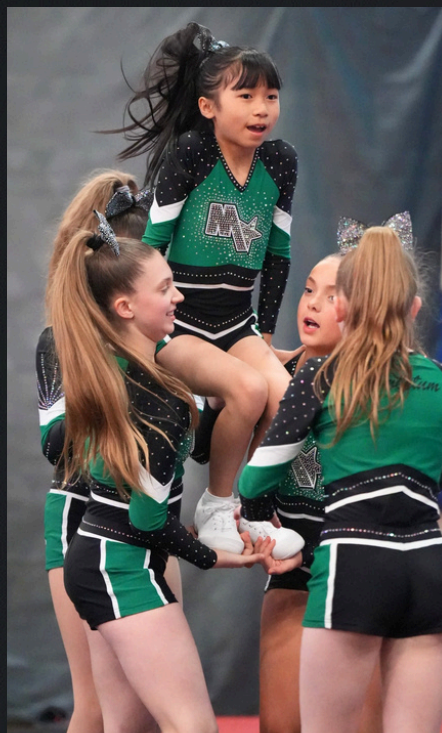
COMPETITIONS & SHOWCASES

Most teams will do 4 or 5 competitions plus our two family showcases. Athletes must be able to confirm that they are available for the entirety of their competition weekends by registration as days and times are confirmed later in the season.

CLOSURES AND CONDENSED TRAINING WEEKS

Our gym and team sessions stay open for most school holidays. We do close for **Christmas Break: 16/12/26 - 03/01/27**

Condensed Training Weeks: We will be closed Weds, Thurs, Fri of the following weeks and **Wed-Fri teams will join Mon-Tues sessions for the weeks commencing: 10/08/26, 17/08/26, 14/12/26, 12/04/27, 19/04/27**



JULY

- 1st:** Tryouts and Callbacks begin
- 15th:** Registration fee due
- 16th:** Registration Drop-In Event
- 20th:** Training commences

AUGUST

- 1st:** Monthly subscriptions start
- 15th:** Nov competition instalment due - teams confirmed at reg.

SEPTEMBER

- 4th:** Uniform payment due
- 26-27th:** First Choreography camps of the season - teams confirmed at registration.
- 30th:** Competition instalment due. Check your placement emails for a reminder of costs.

OCTOBER

- 2-3rd:** FIREBRAND external Choreo
- 3-4th:** Choreo Camps
- 10-11th:** Choreo Camps
- 17-18th:** Choreo Camps Remember to check at registration for your team's camp date.

NOVEMBER

- 21-22nd:** **COMP Revolution Freeze Out - select teams** (Worcester)
- 26th:** **Comp Season Showoffs** - all teams together in the gym. No spectators.
- 30th:** Competition instalment due.

DECEMBER

- TBC:** **Momentum Christmas Showcase** - Athletes 9:30am - 5:30pm. 2 showings.
- 12-13th:** **COMP ICE Breaker** (Stoke)
- 16th:** Closed for Christmas break

JANUARY

- 3rd:** First January choreography camp
- 4th:** Team training resumes
- 9-10th:** Choreo Camps
- 16-17th:** Choreo Camps Remember to check your emails for your team's camp.

FEBRUARY

- 4th:** **Comp Season Showoffs** - all teams together in the gym. No spectators.
- 6-7th:** **COMP ICE Northern Frostbite** (Blackpool)
- 13th:** **COMP FC Heart of England** (Manchester)

MARCH

- 13-14th:** **COMP Legacy Dream Extreme - select teams** (Birmingham)

APRIL

- TBC:** Orlando Travel Teams sendoff - teams in the gym with spectators.
- 11-19th:** **COMP Allstar World Championships** (Orlando, USA)

MAY

- 1-2nd:** Upgrade Camps
- 8-9th:** Upgrade Camps
- 15-16th:** Upgrade Camps Remember to check your emails for your team's camp.
- 29-30th:** **COMP Live Your Legacy Nationals** (Birmingham)

JUNE

- TBC:** **Momentum Summer Showcase.** Athletes 1:30 - 5:30pm. 1 showing.
- 18th:** Tryout process for Season 21 starts
- 25-27th:** **COMP FC Internationals - select teams** (Bournemouth)

YOUR TIME TO SHINE!

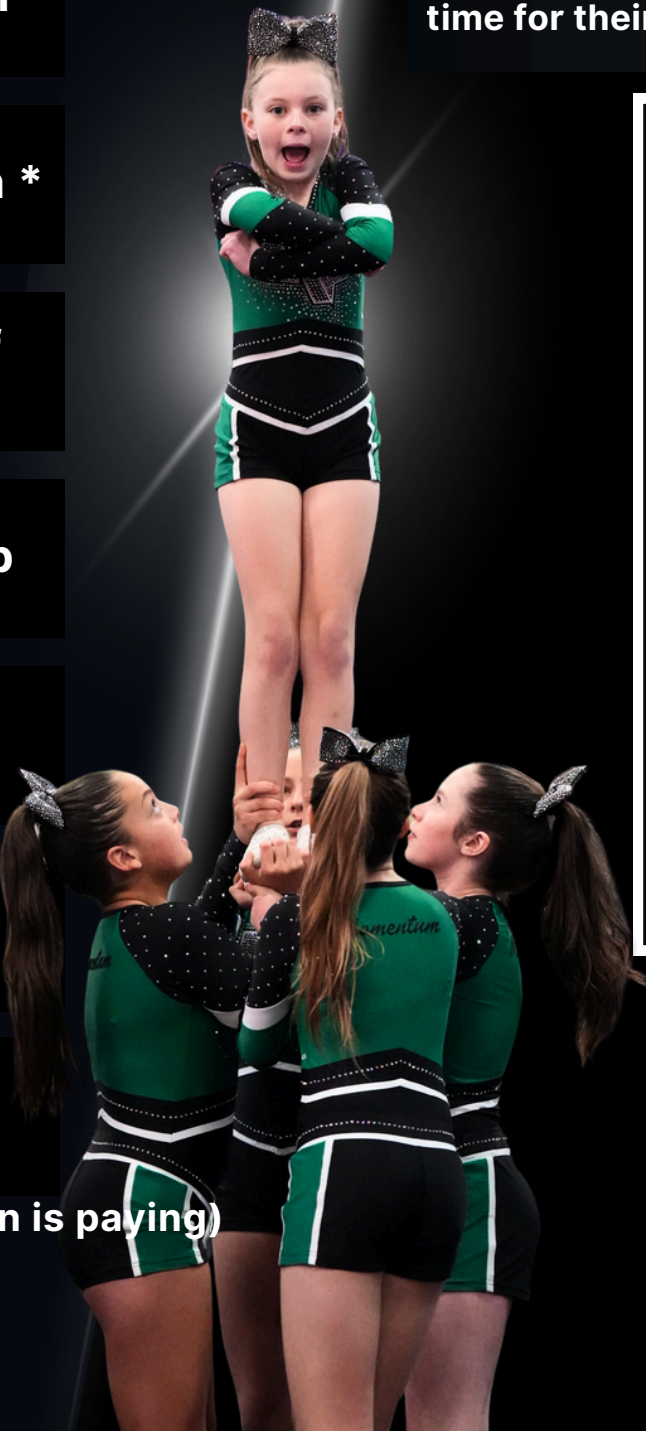
ALL ATHLETES

SEASON COSTS

ADDITIONAL COSTS

	Cost	Due
Reg Fee	£90	15/07/26
Monthly Fees	£56	1st of each month *
Crossover Fees	£25 for 2 nd team £10 for 3 rd team	1st of each month *
Insurance (arranged by you)	£30 - £40**	On acceptance of place
Choreo/Upgrade Camps	£25 choreo, £15 upgrade per team per camp***	Before each camp
November Comp entry (select teams)	£30 per team	15/08/26
Competition Instalment 1 per team	£65 - £105	30/09/26
Competition Instalment 2 per team	£65 - £105	30/11/26

*15% sibling discount - (siblings under 21 years old, where a parent/guardian is paying)
**depending on level of personal accident/loss of earnings cover chosen
***plus top-up fee for FIREBRAND



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.**

COMPETITION UNIFORM

We are at the start of an exciting *new* uniform cycle (usually every three years). All athletes will be required to purchase a new uniform this season.

Each team's uniform will be decided after placements and the below prices are estimated based on last year's prices.

Sparkly uniform (around £85)
Rhinestoned uniform (around £135)
Elite Rhinestoned uniform (around £210)

Bow: £20

Payments due 4th September.

TRAINING KIT

Athletes receive a team T-shirt before choreography camps. We also have a range of Momentum training kit available to pre-order and purchase throughout the season.

We require:

Team sessions - Momentum team T-shirts with any plain black training kit.
Skills classes - any Momentum-branded kit or plain black kit.

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.

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 16 must have a parent or guardian with them for the whole duration of all competitions. For these reasons, please ensure that you budget for transport and spectator tickets to all competitions well in advance.

WORLDS TEAM: FIREBRAND

FIREBRAND successfully secured their spot in The Open Series Allstar World Championships 2027 last November! A total of 15 athletes in the Senior Level 1 division will journey to Orlando in April to compete at ASW as well as UK competitions through to June (see page 8).

WHO'S THIS TEAM FOR?

Athletes born 2007-2015 who have perfected elite level 1 stunt skills, elite level 1 tumble passes preferred.

All athletes joining the team must have **excellent jump height and technique** alongside **standout performance and showmanship**.

Athletes are expected to show 100% commitment to all choreography sessions, red zones, and events. **If you choose to try out for FIREBRAND, you must be able to clear your schedule to prioritise this team. Missed commitments etc. will not be accepted this season**

Current FIREBRAND athletes who earned our 2027 ASW bid will be given priority in team placement but not guaranteed.

EXAM-YEAR ATHLETES

If 2027 is your GCSE or A-Level year, you will be supported in revision time during worlds week. We have a qualified teacher and lots of experience passing exams while doing cheerleading on staff so can support athletes staying on track in Orlando!

ORLANDO TRAINING & ALLSTAR WORLD CHAMPIONSHIPS

ESTIMATED DATES & COSTS PER ATHLETE

Orlando Dates: 11-19 April 2027 inclusive.

Travel Team Reg Fee: £100 in addition to standard season reg fee due **July 2026**

Travel Team Kit: £100 due October 2026

Florida Training and Competition Cost: Around £350 due Jan/Feb.

Other Firebrand-only costs include...

External Choreography Top-Up: £35 (one-off)

Firebrand-Only Uniform Top Cost: £100

Optional Park Day: TBC

All standard team monthly fees and other programme one-off costs apply.

TRAVEL

All athletes will need to have a passport valid for at least 6 months after the day you plan to travel home.

All athletes will stay in a team villa for the dates stated and will have the option to travel to and from Orlando with coaches and chaperones.

Estimated Max costs:

Without flights: £750

With flights: £1500

TRYOUTS

01/07/26 - 5:30-7:30pm

FIREBRAND tryouts are an additional speciality session.

£10 additional session fee.

