



Momentum Cheer is honoured to be the home of Team England Adaptive Abilities Cheer 22-23! This season, Momentum will specifically field a team to train on the stated weekend dates and represent England at the ICU World Championships 2023. Tryouts will be open to both existing Momentum athletes and to athletes currently outside of the program.

**AGES:** Born in 2011 or earlier

**SKILLS:** All athletes trying out should be able to demonstrate the following on dead floor:

> Tumblers - RO BHS Tuck & Standing BHS connections (series & jump)

AND/OR

> Stunters - Twisting stunt mounts & dismounts and extended libs with stretches

## DATES

**WORLDS:** Training and competition in Orlando, Florida 16th - 22nd April 2023

### TRAINING:

22nd October @ Momentum Cheer

5th November @ Momentum Cheer

19th November @ Momentum Cheer

26th November @ Momentum Cheer

11th December - Training + Showcase at Momentum BLAST OFF

17th December @ Momentum Cheer

28th December @ Momentum Cheer

21st January @ TBC

28th January @TBC

11th February @ TBC

25th February @ Talent Central

11th March @ Talent Central

18/19th March - Showcase at

Legacy DE Birmingham

25th March @ TBC

1st April @ TBC



[momentumcheeruk.com/teamengland](http://momentumcheeruk.com/teamengland)



[momentumcheeruk@hotmail.com](mailto:momentumcheeruk@hotmail.com)



## TRYOUTS - 17TH SEPT

Cost - £15. Please keep the whole day free, your time slot will be given via email.

## CALLBACKS - 24TH SEPT

This will be split into a morning and an evening session.

Momentum Cheer - The Old Church, 911 Uttoxeter Road, Stoke-on-Trent, ST3 6AA

## EXTRA INFO

Athletes are expected to make their own way to, and stay in, Orlando, Florida independently or with their own carer or parent. Athletes must be fully available to train and compete from the 16th of April through to the 22nd April.

Reg & Training Fee - £150 - due 22nd October

Other costs will include ICU registration fees and may also include contributions to things like uniform and training tops, though we work hard to cover as many costs as possible through sponsorships.

**Accessibility of The Old Church** - As the name suggests, the Momentum gym is an old church building. Due to its age and status as a listed building, the gym currently has some accessibility issues. Any athletes who may require assistance with stairs, please email ahead to chat to us so that we can try to find a way to fully meet your needs.

