**TRYOUT PACK 2022-2023**

**WELCOME TO THE 2022-2023 SEASON WITH MOMENTUM CHEER!**

Here at Momentum, we aim to use the fast paced, competitive world of cheerleading to develop life skills such as teamwork, trust, 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 22-23 season starts here!**

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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 coaches will place athletes on the appropriate team.

It’s vital that, if you choose to try out, you read it in its entirety, check that financial commitments are possible for you, and confirm that all dates work with your schedule/your athlete’s schedule.

**TRYOUTS: 9-10 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/tryouts2022](http://www.momentumcheeruk.com/tryouts2022). We’ll then assign your tryout time based on age, experience, 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/tryouts2022](http://www.momentumcheeruk.com/tryouts2022) - If you’re not a new athlete, proceed to Step 3!

**STEP 3 - Pay the tryout fee** (£15) via the prepay link sent to the main contact email address on your Coacha profile.

**YOU’RE GOOD TO GO! - Have fun! Once you’ve done the above 3 steps, you’re all set to turn up at your designated time.** Tryouts weekend 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!

**If you’re not around…**

**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 15th July 2022.**

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 one of the slots above athletes will need to send:

* a video of the tryout dance
* any available videos of their stunt, tumble, and jump skills
* a scan of the appropriate forms (completed and signed)

These must be submitted to momentumcheeruk@hotmail.com **by 11:59pm on 10th July 2022**, with the subject line ‘ATHLETE’S NAME – TRYOUT’. A link to pay the tryout fee will be sent once video and forms are received.

**-Private Tryouts**

Email momentumcheeruk@hotmail.com to arrange a tryout within a 1-2-1 slot. You must email the appropriate forms, completed and signed, and the tryout fee must be paid before your session (1-2-1 slots also incur a 1-2-1 fee).

**Welcome to the family!**

**REGISTRATION INFO**

**FEE: £80 due on acceptance via online link**

**MEETING: Slot to be given week commencing 18th July**

**Your registration fee is your acceptance and \*must\* be paid before your registration slot on the week of 18th July.**

Thisis to be paid via online link that will be sent out with your placement email. Payment will be taken as acceptance of your placement and covers start-of-season costs such as team t-shirt, insurance, competition items, etc.

It really is necessary for all parents to accompany their athletes at their designated time slot.

All athletes will be registered for their teams, including signing the athlete agreement, and their team coaches will share necessary season information. The session will not take long and **training will commence from Monday 25th July.**

It’s vital for the registration of all teams that every athlete and parent attends this session so please inform a coach at tryouts if you anticipate a problem with attending.

**TRAINING DAYS, TIMES, FEES**

**ALL TEAM ATHLETES attend their team training sessions AND one personal skills class per week! \*Adult team will have their weekly personal skills class included but not mandatory.**

**Monthly Membership**

**One Team:** £45 per month

**Two Teams:** £55 per month

**Tiny Age Teams:** £25 per month

**Once-a-Month Teams:** £25 per month if your only team

Instalments 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 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 TRAINING**

**TUESDAYS**

**Tiny & Youth Teams**

Age 3 - 11

**WEDNESDAYS**

**Senior Advanced Teams**

Age 11+ (including ParaCheer)

**THURSDAYS**

**Senior Intermediate Teams**

Age 11+ (including ParaCheer)

**SUNDAYS**

**Adult Team**

Once a month for reduced fee.

Made up of 75% athletes Age 25+ and 25% athletes Age 17-24

**Youth 2 Development Team**

Once a month.

Age 6 – 7 crossovers only.

All team training times will be confirmed in post-tryout placement emails. All days and times are subject to change based on tryouts.

**PERSONAL SKILLS CLASS**

**Monday or Tuesday Evenings (TBC)**

Adult Workout (for non-tumbling athletes)

**Wednesday or Thursday Evenings (TBC)**

Adaptive Tumble

**Fridays**

**5:00 - 6:00 pm**

I am working on my handstand, rolls, cartwheels and backbend.

**Fridays**

**6:00 - 7:00 pm**

I have my backbend, I am working towards my walkovers.

**Fridays**

**7:00 - 8:00 pm**

I have my walkovers, working on handsprings.

**Fridays**

**8:00 - 9:00 pm**

I have my handsprings, working on tucks and more.

**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 £20 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 1st - Sunday 2nd October 2022**

**Saturday 8th - Sunday 9th October 2022**

**Saturday 15th - Sunday 16th October 2022**

**Choreo Camp 2**

**Saturday 7th - Sunday 8th January 2023**

**Saturday 14th - Sunday 15th January 2023**

**Your time to shine!**

**Competition Dates & Payments**

**Competition payments - £30-£50 per instalment** (TBC) - this covers athlete entry fees as well as staffing and admin for each event. Athletes on two teams will pay a crossover fee of £20-£30 per instalment.

Competition fees will be paid via online payment link in the first weeks of:

Payment 1: October 2022

Payment 2: November 2022

Payment 3: February 2023

**RED ZONE:**

Our athlete agreement and absence policy state that **no absences** will be excused during the **three weeks before any event** (showcase or competition). We’re happy to mention that there is **only one** school holiday that falls during a Red Zone - Summer half term 2023 (right before Nationals).

Please keep all Red Zones in mind when booking absences to avoid being replaced.

Athletes will be expected to keep the following dates free for competitions. If an athlete cannot confirm that they are available for the entirety of any competition weekend at least 3 months before the event, they will be replaced for that showcase or competition.

**PERFORMANCE DATES:**

**11th December 2022**

**BLAST OFF Showcase**

Stoke-on-Trent

**4th – 5th March 2023**

**Circus Spectacular - Regional Competition with Future Cheer**

Sheffield

**18th - 19th March 2023**

**Dream Extreme - Super Regional Competition with Legacy Cheer & Dance**

Birmingham

**10th - 11th June 2023**

**Live Your Legacy - National Competition with Legacy Cheer & Dance**

Birmingham

**18th June 2023**

**TOUCH DOWN Showcase**

Stoke-on-Trent

**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 such as excelcheer.co.uk and livingcheer.co.uk. 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 September.

**Training Kit**

All athletes receive a team T-shirt soon after registration. 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**

**Mini & Youth teams:**

**Sublimated uniform pictured (£65 (+VAT on adult sizes))** to wear at competitions and official events.

**Junior and Senior teams:**

**Rhinestoned uniform (£115 (+VAT on adult sizes))** to wear at competitions and official events.

**Adult team:** To be determined based on amount of crossovers.

**Returning athletes** may already have these items. Any new athletes, or athletes who need a different uniform size, will place their order at registration and will then pay for their uniform during the **first week of September. This is planned to be the final season of this uniform design.**

**PAYMENT PLANS**

As a small business we are extremely aware of the current financial climate. If you/your athlete needs a new uniform this season but may struggle to pay fully in September, please get in touch to work out a payment plan!

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

**Spectator Tickets**

This season, competition spectator tickets can be **ordered online through the competition organisers**. We’ll send you the link and more information once we have the confirmed days of each team.

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

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