

# TEAM ENGLAND

# INFO SHEET ICU WORLDS 2026



## ADAPTIVE MEDIAN

We are excited to announce the plans for Team England Adaptive Abilities Median for the 2026 ICU World Championships!

With tryouts and training set for various locations around the country, we hope to make this elite level of adaptive cheerleading accessible to more!

**AGES:** Born in 2014 or earlier

All athletes trying out will be required to demonstrate the following stunt skills at their tryout (w/ adaptations where needed).

> Stunters - Full up/around to prep stretch, half up to extended lib, switch up to prep stretch, full down cradles, extended body positions.

Tumblers should be able to show the following tumbles:

> Tumblers - RO BHS Tucks, Standing BHS connections (series & jump series).

Note: ICU Worlds takes place on non-sprung floor. All athletes must be confident that all skills shown at tryouts will have sufficient technique and power to transfer to this surface.



## DATES

**WORLDS:** Training and competition in Orlando, Florida 19th - 24th April 2026

### UK TRAINING DATES:

- 7th Sept, 1pm-7pm @ Rotherham Cheerleading Academy
- 27th Sept, 1pm-7:30pm @ Momentum Cheer
- 28th Sept, 11am-3pm @ Momentum Cheer
- 18th Oct, 1pm-7:30pm @ Momentum Cheer CHOREO
- 19th Oct, 11am-3pm @ Momentum Cheer CHOREO
- 8th Nov, 11-5pm @ Talent Central
- 22nd Nov, 1pm-7:30pm @ Momentum Cheer
- 23rd Nov, 11am-3pm @ Momentum Cheer
- 6th Dec, 1pm-7:30pm @ Momentum Cheer
- 7th Dec, 9:30am-5:30pm SHOWCASE Staffs Uni, Stoke Campus
- 4th Jan, 11am-4pm @ Momentum Cheer
- 17th Jan, 1pm-7:30pm @ Momentum Cheer
- 18th Jan, 11am-3pm @ Momentum Cheer
- 7th Feb, 1pm-7:30pm @ Momentum Cheer
- 8th Feb, 11am-3pm @ Momentum Cheer
- 15th Feb, 1pm-7pm @ Rotherham Cheerleading Academy
- 7th Mar, 10am-7pm @ Momentum Cheer
- 14th or 15th Mar, SHOWCASE Birmingham
- 3rd April, TE SHOWCASE London
- 4th April, 1-5pm @ Talent Central
- 11th + 12th Apr, potential SHOWCASE Stoneleigh

## TRYOUTS - 9TH + 10TH AUG

- 9th Aug - 10:30am - 1:30pm  
Rotherham Cheerleading Academy - Unit 20 Hillside Ct, Rotherham, S61 4RP
- 10th Aug - 4pm - 7pm  
Talent Central - St Marks Industrial Park, 439 North Woolwich Road, London, E16 2BS

## CALLBACKS - 30TH AUG

- Multiple sessions - throughout the day  
Momentum Cheer - The Old Church, 911 Uttoxeter Road, Stoke-on-Trent, ST3 6AA

Tryout cost - £25. Video tryouts will be accepted in place of a tryout but callbacks must be attended in person.

## 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 19th of April through to the 24th April, 2026.

One-off Registration & Training Fee - £160 - due before 1st training.

Uniform contribution - est. £135 - due Oct (new uniform cycle - all athletes will need one).

TE tee and jersey - est. £35 - due TBC.

Other costs on top of travel will include ICU registration fees (around £450-£500) and specific cheerleading travel insurance.

Momentum gym - Any athletes who may require assistance with steps, please email ahead to chat to us so that we can try to find a way to fully meet your needs. Parking is limited in the car park.

Talent Central - There is a small step to get into the building and one to the sprung floor that can be ramped if needed. There are very limited parking spaces that require a permit from the front desk.

RCA - There is a small step up to get onto the sprung floor that coaches can assist with if needed. Parking is in the surrounding streets as there are no available car parking spaces directly outside of the gym.

