2017 - 18
Season Information Pack

Welcome to the SA family

Thank you for your interest in the SA Academy competitive program. This will be the Academies, 11th competitive season and we thank you for your continued support. Here at the Academy we not only hope to progress your child's athletic ability in cheer and dance, but also encourage important life skills such as COMMITMENT, SPORTSMANSHIP, RESPONSIBILITY, RESPECT FOR SELF and OTHERS. These lessons are taught in a supportive, safe and positive atmosphere. Our philosophy is simple: A strong program means stronger teams which will create happy and dedicated athletes. Our reach has far extended that of Wolverhampton, as we now have members who travel to us from all across the country. We feel that this, as well as the longevity of our athletes, is testament to the services and training that we provide here at the Academy.

The sport of competitive cheerleading and dance has moved well into the 21st century. Particularly here in the UK, the standard of All-star cheer and dance has increased at a rapid pace. In order to keep up with the ever-increasing standard of British cheerleading and dance, every athlete, including returning members, must go through a formal evaluation process for team selections. This is to ensure the safety of all members and the optimal competitiveness of each of our teams. The cheer athletes of today perform a 2 ½ minute routine consisting of acrobatics coupled with dance, tumbling, and show-stopping attitude! Similarly, our dancers perform high energy routines, consisting of technical dance skills, turns, leaps and jumps. All-star cheerleaders and dancers are amazingly strong athletes, who must execute their routine with a smile on their face. Here at the Academy, we not only train our athletes to be Champions ON THE FLOOR, but to carry themselves as Champions OFF THE FLOOR. Our athletes are trained to reach THEIR fullest potential, but more so, they are taught how to work together as a team for a common goal.

It is our goal to create an atmosphere for athletes to develop lasting friendships, self-confidence, a strong sense of gym pride and great memories that they will carry forever.

Welcome to the family! ☺

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Coaching Philosophy

Our coaching philosophy is defined by the following: Allstar Cheerleading & Dance is a SPORT. Competitive cheerleading is a SPORT and not an ACTIVITY.

- Sport [spawrt, spohrt] - an athletic activity requiring skill or physical prowess and often of a competitive nature

We train ATHLETES – Our program trains competitive athletes. Please understand that athletes must have proper physical conditioning, mental training and motivation for success in any sport.

PERFECTION before progression – Our coaches will not allow athletes to learn advanced skills before perfecting their basics. Proper technique is everything! Only PERFECTED skills will be considered in team placements and choreographed into routines. "Having" a skill does not mean being able to throw it, but it means being able to execute it with a strong level of mastery over and over, at the beginning, middle or end of a routine, and combined with other choreography and other athletes performing similar skills around you.

Athlete CONDITIONING – Injuries are always a concern in cheerleading, and the best way to avoid them is through proper technique, flexibility and physical conditioning. It is not possible for an athlete to be in peak physical conditioning if their All-Star practice is the only physical activity in which they partake. Each athlete should be involved in some type of physical conditioning program and stretching outside of their team practice either at the gym, at home or at school. It is important that parents and students understand our coaching philosophy as these are the key fundamentals to our program and will be the basis for how we operate, build our teams, and the expectations that we hold our athletes too.

Coach and Contact Info

Program Director: Sharon Gray

Cheer & Gym Program Director: Lauren Gray

Dance Program Director: Rebecca Gray

Senior Coaches: Amy Webb
Rosie O'Regan
Rebecca Fletcher

Contact Numbers: 07711292728 / 01902 491033

Email: saacademy@hotmail.co.uk

Website: sharonanncheeranddance.co.uk

Please feel free to speak to any of the coaches regarding your child's progress, performance or any areas of concern. Please take into account coaches are not always available during training times therefore an email would be a more appropriate approach.

Please check the newsletter page frequently on the website for updated information and to keep up to date with all events at the Academy. Hard copies of newsletters will also be provided in the waiting area of the Academy and are updated at the beginning of every month.

Please connect with us on social media in order to receive immediate updates.

Like us on Facebook: Sharon Ann Academy of Cheer and Dance

Follow us on Instagram and Twitter: @sa_academy97

Download the Team App from your smart phone app store. Search 'Team App' and add SA Academy. Sign up to your teams to receive instant updates and schedule changes straight to your phone.

Team Facebook groups will also be available to add from the start of the next season. Search 'SA (team name) 2017-18'. Music links and other important info will be available via the Facebook groups.

Training Times

Cheer Teams

All competition members must participate in both the two-hour tumbling class and 1 ½ hour choreography class each week. Athletes who are injured or not committed to an upcoming competition must still attend training to maintain conditioning and skill level. Please note that leading up to any competition, additional mandatory training sessions may be called at any time, on days outside of usual training days. Also the occasional Sunday training date will be added to the timetable leading up to a competition. These are clearly outlined on the commitment forms, which are due at the start of every season.

The below timetable is a rough guide of training times. Athletes will be placed into the appropriate gym group for them based on ability levels. *Please note all training times are subject to change.

TUESDAY'S
5:00-7:00pm – GYM GROUP 2

WEDNESDAY'S
5:00 – 7:00pm GYM GROUP 4
6:30 – 8:30pm – SA CRU5H (training extended till 9:30pm once a month)

THURSDAY'S
5:00 - 7:00pm – GYM GROUP 3
5.00 – 6.30pm – SA GENESIS
7:00 – 8:30pm – SA ENERGY
6.30 – 8.30pm – SA EVOLUTION

FRIDAY'S
5:00-6:30PM – SA FUSION
6:00-8:00pm – CRU5H GYM

SATURDAY'S
9:30-11:00am – SA SYNERGY
10:30-12:30pm – SA SNOWFLAKES
12:00-2:00pm – GYM GROUP 1
1:00-2:00pm – FLYERS STRETCH CLASS 1 (compulsory class for all team flyers)
1:00-3:00pm – SA SPIRIT
1:30-3:30pm – SA TWINKLES
3:30-4:30pm – FLYERS STRETCH CLASS 2 (compulsory class for all team flyers)
2:30-4:30pm – SA ELITE
4:30-6:30pm start – SA EXTREME

Dance Teams

MONDAY'S
6:15-7:15pm – SUPREME BALLET
7:15-8:15pm – SUPREME
8:15-9:15pm - CYCLONES

TUESDAY'S
5:00-7:00pm – ASCENSION
6:00-8:00pm – DYNASTY

WEDNESDAY'S
5:00-6:00pm – SUPREME (STRETCH & TECHNIQUE)
6:00-7:00pm – SUPREME (SHOW GROUP)

THURSDAY'S
5:00-7:00pm – PINNACLE
5:00-6:00pm – INTENSITY (STRETCH & TECHNIQUE)

FRIDAY'S
5:30-6:30pm – AVALANCHE
6:30-7:30pm – THUNDER

SATURDAY'S
11:00-12:00pm – BALLET GROUP 1 (DYNASTY & ASCENSION)
12:00-1:00pm – BALLET GROUP 2 (YOUTH)
3:30-5:30pm – ILLUSION
4:30-5:30pm - INTENSITY
5:30-6:30pm – BALLET GROUP 2 (MINI)

Competitions

*Please note these events are not confirmed and are subject to change

Autumn/Winter Events				
Future Cheer – Heart of England	Birmingham – Genting Arena	10th & 11th February 2018	**Saturday 10th** Twinkles, Snowflakes, Spirit, Synergy, Energy, Elite, Genesis, Illusion, Intensity, Pinnacle, Dynasty, Avalanche, Thunder **Sunday 11th** Reign, Extreme, Fusion, Evolution, Ascension, Supreme, Cyclones	1st routine – £28 Crossover - £19 Spectators: Adult 1 day - £20 Child 1 day - £10 Adult Weekend pass - £30 Child Weekend pass - £20 Under 5 - free
Legacy Cheer & Dance – Dream Extreme	Birmingham – Barclaycard Arena	24th & 25th March 2018	**Saturday 24th** Illusion, Intensity, Pinnacle, Dynasty, Ascension, Supreme, Cyclones, Avalanche, Thunder, Extreme, Fusion, Cru5h **Sunday 25th** Genesis, Evolution, Twinkles, Snowflakes, Spirit, Synergy, Energy, Elite	Prices confirmed on separate newsletter
Future Cheer – Adventure in Atlantis	Loughborough – Loughborough University	15th April 2018	Supreme and Cru5h	Will be informed

Spring/Summer Events				
SA Nationals Showdown – Academy Showcase	NEW Academy - Wolverhampton	17th June 2018	All All-star cheer & Dance Teams and Prep Teams	£12 per spectator
Liver Your Legacy	London – 02 Arena	30th June & 1st July 2018	**Saturday 30th** Illusion, Intensity, Pinnacle, Dynasty, Ascension, Supreme, Avalanche, Thunder, Cyclones Twinkles, Snowflakes, Spirit, Synergy, **Sunday 1st** Energy, Elite, Extreme, Fusion, Cru5h,	Prices confirmed on separate newsletter
Future Cheer – FC Internationals	Bournemouth – BIC Arena	6th – 8th July 2018	**Saturday 7th** Twinkles, Snowflakes, Spirit, Synergy, Energy, Elite, Ascension, Supreme, Cyclones **Sunday 8th** Extreme, Fusion, Cru5h, Illusion, Intensity, Pinnacle, Dynasty, Avalanche, Thunder	1st routine - £40 Crossover - £24 Spectators: £12 per session £48 6 session pass

We will require all athletes to stay overnight prior to competing for all events held outside of Birmingham

Athlete Attire

Practice Wear:

All athletes, (Cheer & Jazz) are expected to wear the proper practice wear to EVERY TEAM practice. Athletes who choose to come to practice in something other than their practice wear will be required to pay a fine and will also be required to condition at the end of practice. Athletes are permitted to wear plain black leggings/shorts with their team t-shirts or other SA apparel. The only exception is athletes can wear alternative suitable practise wear for gym sessions. Additional items, other than the new season t-shirt (which is included within the membership fee) are optional to purchase. All athletes will be expected to attend competitions in the new season T-shirt and shorts. This is to keep a unified look across the academy when attending events.

Competition Uniforms:

All returning members will have already purchased their new competing uniform for Nationals, 2017. New members must purchase the uniform in order to compete with the squad. This uniform is the same for all all-star teams other than SA Cru5h whose uniform consists of a crop top and skirt (top and trousers for boys). Please note if you wish to compete on SA Cru5h as well as one of our other competitive teams, you will be required to purchase both uniforms. At present the competing uniform costs £195. The Cru5h uniform costs a total of £215. All athletes will also be required to purchase the team bow which costs £20. All prep-team members will be required to purchase a second hand uniform from one of our returning members costing £50. All dance team members will be required to purchase their team costume from DanceMania. Price of costumes will be depend on the design, which will be confirmed in September. Fundraising events are held regularly throughout the year in order to help with the financial obligations required. These funds are only split between those who actively take part in the events.

Shoes:

All athletes must purchase all-white cheerleading trainers. These shoes must be worn to all practices and competitions. Whilst we realise that Cheerleading is a costly sport, we recommend but do not insist, that you make an investment in a high quality pair of trainers. Athlete's trainers are the only piece of equipment that they take with them on to the competition floor and greatly impact their ability to tumble and execute their routine. We recommend, but do not insist, that you purchase your shoes from the Nfnity brand, available at Excel Cheer Centre. We also ask that you do not purchase the Nfinity Titans in order to keep a uniformed look across our athletes. All jazz dancers must purchase a pair of tan jazz shoes. We are now recommending that all dancers purchase the Capezio FF02 Breeze split sole brand which can either be purchased from DanceMania or various dance

depots. Hip Hop teams will be required to purchase the team footwear, which will be outlined in September.

CODE AND CONDITIONS CHEER AND DANCE COMPETITIVE TEAMS

2017 - 2018 SEASON

NAME …….

• I fully commit to the Sharon Ann Academy of Cheer & Dance and will not participate in any way with any other cheer squads or cheer schools that will conflict with my training and commitment to my squad.

• The squad will be given my full commitment leading up to all competitions.

• Any absences required during training will be notified when handing in my competition fees. I understand that any other absence requests after this date will be refused or classed as a break OF commitment.

• I understand that if I break the commitment to the squad, I will receive a warning letter and may have to step down from competing at that competition with no refund. If I break the commitment on more than one occasion, I am aware this will affect my place on the squad for future competitions also.

• I understand that if I break my commitment leading up to a competition, I will be expected to pay a £10.00 fine to the SA fundraising committee.

• I agree to give 24 hours' notice (where possible) if I cannot attend due to illness or injuries. Also if possible, I will attend the lesson to watch providing my illness is not contagious.

• If I receive an injury, I will attend all classes and take part in all stretching and conditioning exercises (taking care to protect the injury).

• I agree to arrive on time for training and understand leaving early is also not acceptable.

• No jewellery will be worn during training or at cheer competitions

• I understand that full training uniform MUST be worn to all training sessions and no outdoor shoes are to be worn in the gym.

• I understand that food and drink are not allowed in the gym or dance studio.

• Due to the nature of the sport, my parents/guardian and myself, acknowledge the possible risks of injury (see the emergency declaration below).

• I agree that the coaches decision is final therefore parents or squad members must accept any decision made which is always for the good of the team.

• I agree to engage in the upmost level of sportsmanship when representing SA Academy at any event. Any behaviour that displays the Academy in a negative way both on social media and at events, will result in immediate dismissal.

• Athletes/dancers will not post anything on social media which will bring disrepute to the Academy's reputation, particularly when posting videos/photos whilst wearing the Academy's training kit. This includes the use of foul language, underage drinking, provocative dancing/posing etc.

• Athletes/dancers will not spread gossip/rumours about their coaches, team mates or other programs whilst at the gym or on social media. I understand that if I am found to start or take part in gossip about the school, coaches or any of its members, I will be asked to leave the school immediately.

• I agree to apply my full effort to every training session and understand that I will be asked to step down from competing if I do not apply full effort to every session.

• I understand that curfew rules apply before competition. All athletes under the age of 10 must be in bed before 9pm, other athletes before 10.30pm.

• I agree to my child being photographed or video recorded by an appointed member of the Academy for advertisement, training purposes or DVD distribution amongst the team.

• I agree to always show my coaches, team members and parents the utmost respect.

• I agree that I will not attend any training session whilst in an intoxicated state and will be fully prepared for each training session. Whilst the Academy understands that athletes have a social life outside of practice, in order to ensure the safety of all team members we ask that you do not drink excessive amounts of alcohol the night before training sessions.

• Athletes/Dancers must understand that training is not a social gathering. Whilst we want all athletes to enjoy their training sessions, the priority of all athletes should be work first, socialise second.

• Athletes/dancers will not answer back to any of the coaching staff.

• Athletes/dancers must arrive 15 minutes prior to their warm up time for training, with all jewellery removed and in full training kit.

• Athletes/dancers must arrive at all competitions at least 1 hour prior to their warm up time.

• Athletes/dancers are expected to support all teams at competitions.

• Athletes/dancers are expected to attend the award ceremonies at each competition regardless of the time of day.

• Athletes/dancers must make their All-star team a priority over any external recreational activities, including school sports teams, after school clubs, brownies/scouts, school plays

etc. Please note that we will not allow absences for Duke of Edinburgh and your position on the team may be effected if these commitments clash with training times.

I agree to abide by all of the conditions as set out above.

I have read through the 2017-18 competition season pack.

Signed …… Cheerleader

I have read and understand all of the above code and conditions and will reinforce the rules to my child to ensure that full commitment is given to the Academy.

Signed …… Parent (if child under18)

Emergency Declaration

In the event of a serious incident/accident, I agree for any necessary treatment to be administered in my absence.

Signed …… Parent/guardian (if squad member under 18)

Date ……/……/……

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