

2018-19
Mid -Season
Tryout Pack



welcomes you to
Season 12!

Welcome to the SA Family

Home to the UK's first and
only NCA National
Champion and also
Programme of the Year 2017.



Thank you for your interest in the SA Academy
competitive programme.



Programme Philosophy

Here at the Academy we hope to progress not only you/your child's athletic ability but also promote important life lessons such as COMMITMENT, SPORTSMANSHIP, RESPONSIBILITY, RESPECT FOR SELF and OTHERS.

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 will carry forever.

Why choose SA?

The Academy is one of the most decorated programmes in the UK with over 55 National Champion titles in just the past 2 seasons and countless Grand Champion and Regional Championship titles across both Dance and Cheer.



Our athletes are trained to reach their fullest potential, but more so, they are taught to work together for a common goal.

Training at the Academy is designed to challenge our athletes and dancers, all in a positive, safe and supportive atmosphere.

This season we will offer All-star Cheer teams across all levels, Prep teams and Dance teams in Jazz, Lyrical/Contemporary and Hip Hop, as well as numerous travel opportunities. There is something to suit everyone at SA Academy.



“The friendships, coaching, mentoring and memories my daughter has gained through being part of the SA family over the last few years has been life changing. She has fun, trains hard and has had opportunities and gained life skills which will serve her well into the future. The coaches are committed to getting the best from their athletes and will coach and develop every single one to reach their potential. It’s great to be part of an extended family.” – Beckie Watson, athlete parent.

Welcome to the family!

Coach and Contact Info

Here at the Academy you will find some of the UK's most talented, dedicated and influential coaches. All coaches are fully qualified, DBS checked and First Aid trained.

Many of our athletes have also been trained and grow up to become strong leaders and junior coaches within the Programme.



Programme Director:
Sharon Gray

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Cheer & Gym Director
Lauren Gray

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Dance Director:
Rebecca Gray

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Contact numbers: 01902 491033

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Facebook: Sharon Ann Academy of Cheer and Dance

Twitter/Instagram: sa_academy97

The coaches will be happy to speak with you regarding your child's progress or any concerns you may have. Contact via email is the preferred method of communication as we may not always be available to answer your questions during training hours. Our priority is making sure our coaches are fully present for athletes, so please do not be offended if we ask you to send us an email.

Keeping up with everything SA

Here's all the different ways to keep up to date with everything at the Academy:

- Join your teams Facebook group – search your team name followed by 18-19
- Download the Team App straight to your smartphone
- Whatsapp groups for every team
- Text message Reminders

Newsletters will be updated frequently on the website. It is important that you keep up to date with these so as not to miss out on any important deadlines or information.

2018 – 19

SA TEAMS & DIVISIONS

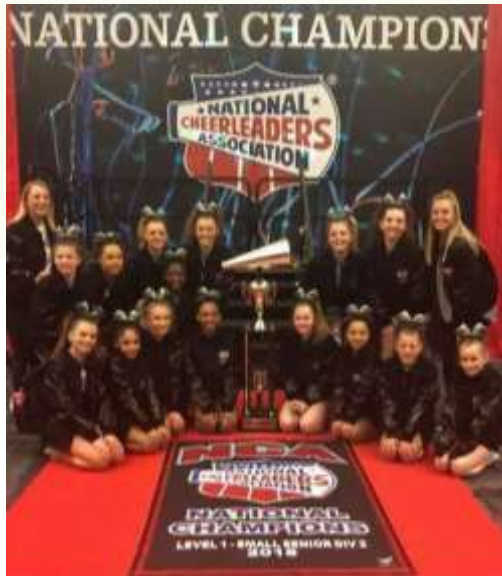
Below are the current teams and divisions for season 12. You can decide before try-outs, whether you would like to apply for one of our AllStar teams or our Nationals Prep squad, Genesis. If you are unsuccessful for our AllStar programme, we can still consider you for our National Prep squad. Athletes ages for all Tiny – Senior team divisions are determined by their age as of 31st August 2018. For example, an athlete that turns 9 in September will still be eligible for the mini division for the entire 18-19 season. For International Open teams, athletes need to be age 14 and above by 31st December 2019.

Allstar Cheer

Team Name	Division	Age Range
SA Snowflakes	Mini Level 1	6-8 years
SA Spirit	Youth Level 1	8-11 years
SA Synergy	Youth Level 2	8-11 years
SA Energy	Junior Level 1	8-14 years
SA Elite	Junior Level 2	8-14 years
SA Extreme	Senior Level 3	10+
SA Cru5h	International Open Level 5	14+

Prep Cheer

Team Name	Division	Age Range
SA Genesis	Youth Prep Level 1	Age 6-11 years
SA Twinkles	Tiny Prep Level 1	Age 6 and below



Travel Teams

This season we plan to create more international competition experiences for our athletes.

Following the incredible success of SA Reign, the UK's first ever NCA National Champions, we will be taking an Allstar team to attend the Summit in the States during April 2019.



“I’ve had so many opportunities since joining SA such as going to Texas to compete in the biggest Cheerleading competition in the World. I was also selected this year to compete as part of Team England at the ICU World Championships in Florida. It has been such an honour joining the Academy and I would recommend it to anyone” – Missy Holder (athlete).

Dance Worlds



We have been fortunate enough to represent England at the Dance World Championships five times in Orlando, Florida. Each year our Senior Jazz team, SA Supreme, have secured a spot in the Top 10 at this highly prestigious event. Supreme have successfully gained another Partial Paid bid in Lyrical and an At Large bid in Jazz, therefore will be competing in both categories at Dance Worlds 2019.

Training Schedule

Allstar Cheer Teams

AllStar competition team members must participate in both a tumbling class and team practice 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 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 competitions. These are clearly outlined on the commitment forms, which are due at the start of every season.

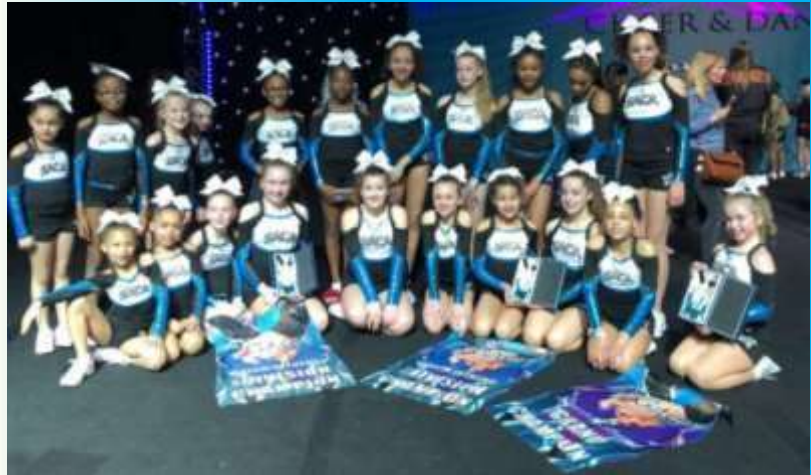
The timetable below may still be subject to change. We will do our utmost to communicate any changes to you within sufficient time. Athletes are placed into gym groups based on their tumbling ability at tryouts or their availability to attend classes due to scheduling clashes.

Team	Division	Training Day & Times
Spirit	Youth Level 1	Tuesday 5-7pm
Energy	Junior Level 1	Wednesday 5-7pm
Cru5h	IO Level 5	Wednesday 7-9pm & Friday 7-8.30pm
Elite	Junior Level 2	Thursday 5-7pm
Snowflakes	Mini Level 1	Saturday 9:30-1:30am
Twinkles	Tiny Level 1	Saturday 11-12:30pm
Extreme	Senior Level 3	Saturday 11:30-:30pm
Synergy	Youth Level 2	Saturday 1.30-3.30pm

Classes	Appropriateness	Days and Times
Flyers stretch class	Compulsory class for all flyers	Saturday 2-3pm or 3.30-4.30pm
Gym Group 1a	Level 1 tumblers	Saturday 12:30-2pm
Gym Group 1b	Level 1 tumblers	Saturday 2-3.3pm
Gym Group 2	Level 2 tumblers	Saturday 3.30-5pm
Gym Group 3	Level 3 tumblers	Saturday 5-6.30pm
Gym Group 4	Level 4 tumblers	Friday 5-6.30pm
Gym Group 5	Level 5 tumblers	Friday 6.30-8pm

Prep Teams

We feel so passionately about the benefits of participation in cheerleading, that we want to make our competition experience accessible to more young people. We realize that not every family can commit to the amount of time and expense that is required to be on one of our Allstar competition teams, so we offer an alternative that will hopefully open up more opportunities to more people.



Our Prep nationals team will compete at FC Bournemouth competition only.

The general format of prep teams are:

Prep teams only compete twice a year at local Birmingham competitions and perform in our annual Summer and Winter Showcases.

Youth prep team, Genesis train for 1 ½ hours, once a week.

We recommend that you attend a recreational gym class once per week in order to keep up with gym skills

Nationals competition/training kit approx. £46 + £10 for cheer bow

Advanced skills are not necessary to gain a place on the team. We only ask that athletes are committed and driven to work hard and gain new skills.

Training times are as follows:

Team	Class	Training day and time
Genesis	Team Practice	Thursday 5-6:30pm
Genesis (Nationals Team)	Team Practice	Saturdays 5 – 6.30pm

Spring/Summer Events

Event	Location	Date	Teams Competing	Registration Fee
Jamfest Europe – Jam Brands	Echo Arena – Liverpool	22 nd & 23 rd June	All-star teams	£46
FC Internationals – Future Cheer	BIC – Bournemouth	5 th – 7 th July	All-star teams & Genesis	£41



Prep teams will only compete one day out of the weekend. We do advise that you book accommodation for the previous night to avoid any delays on the day. Divisions have been known to move to different days, after the block schedule has been released due to unforeseen event registrations. Therefore, we always urge you to book hotels on a refundable basis. We will inform you of the competing day as soon as the schedule is released.

Team Formation

Teams are constructed to score as high as possible in competition. Cheer team's scores are based on a number of factors including: tumbling, stunting, jumps, dance and overall technique. Therefore, when constructing the team, coaches will look at all facets of an athlete's ability level, NOT just what tumbling skills the athlete can execute. The number of places available on a given team, will be dependent on the number of at-level stunt groups that can be formed from the pool of athletes present at the tryouts. Dance teams will be formed on technical and stylistic qualities to bring together the best combination of dancers for the success of that team.

Crossovers

Athletes will be permitted to crossover to one additional cheer team and one additional dance style. This means athletes that compete in both cheer and dance will only be permitted to be on a total of 4 teams. Throughout the season, rare circumstances may permit an athlete to compete on more than the crossover limit set at tryouts (i.e. in case of injury). Crossover places will be limited and decided at the coaches discretion. Please do not be disheartened if you are not given a crossover place at tryouts, as more positions may come up through the season.

Crossovers will be considered for:

The need for additional flyers/bases on a team
Athletes with exceptional stunting/tumbling skills above their age division
When there are spaces left on teams after all age-appropriate athletes have been placed

Tumbling Requirements - AllStar

At the academy we place a lot of emphasis on our athletes gaining and developing tumbling skills. Where possible, we try to form teams with 100% team participation in level appropriate tumbling.

The academy has a fantastic recreational programme to develop athlete's basic cheer and tumble skills to prepare them for tryouts.

Therefore, an athlete's tumbling ability at tryouts will have a large bearing on where they are placed within the programme. Every athlete who attends tryouts is expected to be able to perform basic tumbling skills such as forward roll, backward roll, cartwheel, handstand and bridge. These basic skills indicate that an athlete possesses enough athletic skill and strength to undergo the intensity of training that is expected of them. It should be noted that tryouts are used to evaluate athlete's current skill level and that coaches will take into account athlete's potential to obtain new skills throughout the season that they have not yet currently mastered.

As a programme our aim is to develop athletes overall ability and will place athletes on teams where we think they will grow the most. An athlete with weak tumbling but strong stunting skills may be placed on a higher level team, where similarly a high ability tumbler with low level stunting skills may be placed on a lower level team.

Below is a list of tumbling skills that we would look for in each level for AllStar teams. Note, this is not a complete list of skills.

Level 1:

Forward Roll
Backward Roll
Cartwheel
Front Walkover
Back Walkover

Level 2:

Back handspring (BHS)
Running BHS
Back walkover BHS
Speciality pass to BHS

Level 3:

Multiple standing BHS
Jump to BHS
Running tumble to Tuck
Punch front/arial through to tuck

Level 5:

Jump to tuck
Standing BHS to full twist
Running BHS to full twist
Double full
Standing full
Speciality passes to full/double

Attendance Policy

Commitment

The academy has a strict attendance and commitment policy for all competition team members. We ask that all athletes consider if they are able to fully commit their time to the team and the programme before signing up for the season. Athletes are required to be at ALL practices. Due to the team aspect of All-star Cheer and Dance, the absence of just one team member can greatly impact the effectiveness of that practice for the entire team.

All athletes are required to complete a commitment form for their team for each half of the season. All training dates that the athletes are required to attend will be displayed on these forms, for which athletes and parents/guardians will sign to say that they commit to all of the training that is required. If there is a date that you know in advance that you are unable to attend, we ask you to indicate this on your form. These pre-notified absences may result in you losing your place on the team, depending on how many dates you will be absent for and their proximity to competitions. Therefore, we ask that you only take time out of training when absolutely necessary.

After you have completed and signed your commitment form, no other absences will be allowed from training apart from the following reasons:

- Family funeral
- Family wedding
- Graded school event
- Contagious illness

Athletes who do not adhere to our strict attendance policy, risk losing their position on their respective team/s with absolutely no refunds for any fees paid up front.

Training Costs and Membership Fees

Membership Fees

Your membership fees for the remainder of this season will be £35 (AllStar) or £30 (Prep team) due by **Saturday 16th March**. You will receive a training T-shirt from this membership payment.

Training Fees and start dates

All-star Cheer Team £60 pm from 25th March to 25th June (4 months)
Training would start week commencing 25th March (day would depend on team placement)

Genesis Prep Team £20.80pm from 14th March to 14th June (4 months)
Training would start Saturday 16th March

Competition Fees

AllStar entry fees for these 2 National competitions (£87) and Prep entry fees for Bournemouth only (£41) will be due by **Saturday 16th March**. Details of collection dates for spectator ticket orders will be available on the monthly prep newsletters and reminders will also be sent to you by text.

Results from Tryouts

We will text you with the results from tryouts on **Monday 11th March**

TRAINING KIT

Athletes are expected to wear their SA T-shirt and black shorts/leggings to all training practices.



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. Excel Cheer Centre is a recommended company to purchase your shoes from. We also ask that you do not purchase the Nfinity Titans in order to keep a uniformed look across our athletes.

COMPETITION UNIFORM

AllStar athletes will be required to hire a uniform for the 2 nationals competitions. This will be £20 for the two competitions. We are changing the uniform for the whole programme from September therefore we will not be ordering any new uniforms for the remainder of this season.

Prep team members will be required to purchase our SA training shorts, vest top and cheer bow to complete at Nationals. Total cost will be £56. This kit can also be used for training purposes.

TRY-OUTS APPLICATION FORM

ATHLETES NAME

DATE OF BIRTH/...../.....

Mobile contact number/..... (parent/guardian)

I would like to be considered for:-

Nationals AllStar team and/or Nationals Prep team

National AllStar only

National Prep only

Tryouts Fee of £15 (cash) to be enclosed with application form

If successful I agree to pay:-

Membership fee of £30 (prep) or £35 (Allstar) by Saturday 16th March

Nationals competition entry fees of £87 by Saturday 16th March – All Star teams

Nationals competition entry fee of £41 by Saturday 16th March – Prep teams