

POWER ATHLETICS MID-SEASON *Team Placements*

Please read fully for all information you will need to join one of our competition teams during mid-



DATE: season.

Saturday 9th April 2022

LOCATION:

Stoke Damerel Community College

REGULAR & PREP TEAMS:

(Ages 7-adult)

9am-10am

NON-TUMBLING/STUNT:

(Ages 14years - adult)

10am-11:30am

EXTRA NON-TUMBLE/STUNT Placement:

Tuesday 5th April 7-8pm for anyone who cannot attend on Saturday 9th.





HOW IT WORKS:

SIGNING UP FOR PLACEMENTS:

IF YOU ALREADY HAVE A COACHA ACCOUNT WITH US:

Log into your Coacha account (<http://my.coacha.app>). Head to the classes tab and scroll through the calendar until you reach 9th April. You can then book and pay your placement fee there. Please make sure you book the correct placement slot.

IF YOU DON'T HAVE A COACHA ACCOUNT WITH US:

Create a Coacha profile with us here: https://my.coacha.app/member_signup/E8E9D3949F

Once we confirm your account (normally within 24hours) you will be able to log in and follow the steps above to book into a team placement.

ON THE DAY:

Arrive at the gymnastics room at Stoke Damerel Community College at your booked slot time. Coaches will meet all athletes and lead them through a warm up and the skills they will need to see. Athletes are not expected to prepare anything and what skills they will be assessed in are just so we can place them on the correct teams.

WHAT WILL WE ASSESS:

Depending on the team placement they are looking for will change what skills they are assessed in.

For Regular and Prep Teams: We will mainly look at the tumbling skills your athlete has as this will usually determine their level placement (although this isn't always the case). We may also look at jumps and motion placements. Athletes will be guided fully for anything they are asked to do,

Non-Tumble/Stunt Teams: We will be looking at stunting and trying different athletes in different places, this may mean you/your athlete is asked to try something new, such as a new position or a new stunt, but they will always receive full coaching for all stunts asked to be tried.

AFTER PLACEMENT DAYS:

After all placement days have finished we will organise adding athletes to teams according to where they would fit best. We then will email out all results and full information for all athletes before the end of Sunday 10th April. If you haven't received any emails from us by Monday please contact us.

START OF TRAINING:

We all start back regular training after the Easter Holidays (week beginning 25th April). We may have choreography days during the half term so make sure you let us know if there is any dates you are unavailable.





PREP TEAMS

Training Day: Mondays 6-7pm

Our Prep Team is for ages 7-11 years who are relatively new or would like some extra practise at their level 1 skills. It is a cheaper and less competitive route for athletes into competitions. If you only want your athlete to be placed on a prep team please let us know at placements.

Important Dates:

DATE	EVENT	ADDRESS
09/04/2022	TEAM PLACEMENTS (9-10AM)	STOKE DAMEREL COMMUNITY COLLEGE, PLYMOUTH
25/04/2022	TRAINING STARTS	STOKE DAMEREL COMMUNITY COLLEGE, PLYMOUTH
25/06/2022	ICE NATIONAL COMPETITION	FENTON MANOR SPORTS COMPLEX, CITY ROAD, FENTON, STOKE-ON- TRENT ST4 2RR
02/05/2022 & 03/06/2022	BANK HOLIDAYS	NO TRAINING

Costs:

COST	AMOUNT	DUE
MONTHLY FEES	£22	1ST MAY & 1ST JUNE
COMPETITION FEES	£30	15TH APRIL
T-SHIRT & BOW	£10 T-SHIRT £10 BOW	25TH APRIL



REGULAR TEAMS

We have 4 regular season teams:

Ultraviolet (Youth 1 - ages 7-11) Tuesdays 5:30-7pm
Atom (Senior 1 - ages 10years+) Mondays 7:30-9pm
Shockwave (Junior 2 - ages 8-14years) Mondays 6-7:30pm
Electric (Senior Coed 3 ages 10years+) Tuesdays 7-9pm

Important Dates:

DATE	EVENT	ADDRESS
09/04/2022	TEAM PLACEMENTS (9-10AM)	STOKE DAMEREL COMMUNITY COLLEGE, PLYMOUTH
25/04/2022	TRAINING STARTS	STOKE DAMEREL COMMUNITY COLLEGE, PLYMOUTH
25/06/2022	ICE NATIONAL COMPETITION	FENTON MANOR SPORTS COMPLEX, CITY ROAD, FENTON, STOKE-ON- TRENT ST4 2RR
02/05/2022 & 03/06/2022	BANK HOLIDAYS	NO TRAINING

Costs:

COST	AMOUNT	DUE
MONTHLY FEES	£30 (£35 FOR ELECTRIC)	1ST MAY & 1ST JUNE
COMPETITION FEES	£30	15TH APRIL
UNIFORM & BOW (IF NOT GETTING 2ND HAND OR BORROWING ANOTHER ATHLETES UNIFORM)	£120 UNIFORM £10 BOW	25TH APRIL



NON-TUMBLE/STUNT

Training Day: Friday 5:45-7:15pm

We are offering the opportunity to run a non-tumbling team but if we do not have enough interest or not enough athletes for a level then we may consider making a number of group stunts instead. This decision will be made after placements. If this affects if you'd like to compete or not please let us know during placements.

Our non-tumbling team is for athletes born in the year 2008 or earlier. This team does not require any tumbling, only stunting and jumps. We will assess stunting ability at team placements. This is the only team where we may not be able to offer a place to everyone that attends.

Important Dates:

We may add Choreography days for this team.

DATE	EVENT	ADDRESS
05/04/2022 OR 09/04/2022	TEAM PLACEMENTS (5TH APRIL: 7-8PM) (9TH APRIL: 10-11:30AM)	STOKE DAMEREL COMMUNITY COLLEGE, PLYMOUTH
25/04/2022	TRAINING STARTS	STOKE DAMEREL COMMUNITY COLLEGE, PLYMOUTH
25/06/2022	ICE NATIONAL COMPETITION	FENTON MANOR SPORTS COMPLEX, CITY ROAD, FENTON, STOKE-ON- TRENT ST4 2RR
02/05/2022 & 03/06/2022	BANK HOLIDAYS	NO TRAINING

Costs:

COST	AMOUNT	DUE
MONTHLY FEES	£12 FREE CROSSOVERS IF ALREADY ON ANOTHER TEAM	1ST MAY & 1ST JUNE
COMPETITION FEES	£30	15TH APRIL
T-SHIRT & BOW	£10 T-SHIRT £10 BOW	25TH APRIL