

POWER ATHLETICS CHEERLEADING

2023-2024 COMPETITION TEAMS INFORMATION PACK

WEBSITE: www.powerathletics.co.uk

FACEBOOK: Power Athletics Cheerleading

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WELCOME TO POWER ATHLETICS!

We are super excited for the start of our 9th competitive season. In the past, our competition teams have been successful, at both national and regional levels and we have had athletes move on to compete internationally.

This season, under new ownership, we are looking forward to continuing to field competitive teams filled with athletes ages 7+, at a range of different levels.

WHAT ARE COMPETITION TEAMS?

Competition teams are a competitive group of athletes with a set skill level. Each team is led by a team coach, who will create a routine using stunts, jumps, tumblers and dance, which is then competed throughout the season.

Not only do athletes develop skills to help them be competitive cheerleaders, they learn important life skills as well as gaining new friendships within the Power family.

WHERE DO WE TRAIN?

Stoke Damerel Community College
Somerset Place,
Plymouth,
PL3 4BD



OUR 2023-2024 COMPETITION TEAMS.

NUCLEAR

PREP LEVEL 1.1

AGE: YOUTH/JUNIOR

TRAINING DAY: TUESDAY

TRAINING TIME: 6PM-7PM

CHARGE

LEVEL 1

AGE: YOUTH

TRAINING DAY: TUESDAY

TRAINING TIME: 6PM-7:30PM

LIGHTNING

PREP LEVEL 1.1

AGE: SENIOR

TRAINING DAY: MONDAY

TRAINING TIME: 6PM-7:30PM

DYNAMIC

LEVEL 1

AGE: SENIOR

TRAINING DAY: MONDAY

TRAINING TIME: 6:30PM-8PM

RADIATE

LEVEL 2

AGE: JUNIOR/SENIOR

TRAINING DAY: MONDAY

TRAINING TIME: 7:30PM-9PM

FUSION

LEVEL 3

AGE: SENIOR

TRAINING DAY: TUESDAY

TRAINING TIME: 7:30PM-9PM

Above are the teams we are planning to field in the 2023-2024 season.

We wish to field teams that will be successful, so age categories, levels and training times/days can change, extra teams may also be added. This information will be finalised after team placements and sent out with your placements results.

TEAM PLACEMENTS

WHO CAN ATTEND TEAM PLACEMENTS?

Any athlete who is 7 years or older (as of 31st August 2023) can try-out for a competition team. Athletes do not have to any prior cheerleading experience as we have teams for all different abilities and experience.

All athletes aged 7-21 who attend will be placed on a team.

ATHLETES OVER THE AGE OF 21.

A new rule has been brought into UK Cheerleading by SportCheerUK, stating that for senior divisions with a minimum age of 16 and below, the age spread of team members must not exceed 10 years. For example a senior team who the youngest member is 13 must not have any athletes over the age of 23. Because of this, any athletes over the age of 21, can not be guaranteed a space on a team. If we are not able to place you on one of our senior teams and we have enough interest we will be looking into Group Stunts and/or an Open Senior Team. If these are not suitable for you, we will reimburse your £5 team placement fee.

Please do not stop this new rule from you attending Team Placements, as we still want you to attend and carry on with the sport!

WHAT ARE TEAM PLACEMENTS?

All athletes who want to be part of our 2023-2024 teams will need to attend team placements. Team placements cost £5 per athlete and can be booked via your COACHA portal. During the session, athletes will be assessed at their level of tumbling and jumps, some athletes may also be asked to show flyer stretches and/or stunt. Coaches will be on hand to help athletes who are new to cheerleading. This process is not a test, it is for coaches to assess ability in cheerleading and coachability.

TEAM PLACEMENTS - PART 2

TEAM PLACEMENT DATES!

Monday 10th July	Tuesday 11th July
6pm-7pm Athletes 12 years and under.	6pm-7pm Athletes 12 years and under.
7pm-8pm Athletes over 12 years.	7pm-8pm Athletes over 12 years.

*Athletes only need to attend 1 of the sessions above

VIDEO TRYOUTS

If an athlete can not attend in-person tryouts, we will except video tryouts (£5 charge still applies). Please email us for more information on what you will need to include. These will need to have been sent and paid for by Tuesday 11th July.



SEASON DATES

Competition athletes must be able to attend all competitions.

Please note 2 weeks before competitions (including showcase) is 'RED ZONE' so all athletes must attend.

Cheerleading is a team sport, so athletes must attend all training sessions. Any events that do conflict with training will need to be communicated to your specific team coach or within your 'Team Placement Form'.

Please see our attendance policy for more details.

EVENT	DATE	LOCATION
PRE SEASON TEAM MEETING (INCLUDING TRAINING SESSION)	17TH AND 18TH JULY 2023	STOKE DAMEREL
SUMMER HOLIDAY BREAK	22ND JULY - 3RD SEPTEMBER 2023	NOT APPLICABLE
SEASON STARTS	4TH SEPTEMBER 2023	STOKE DAMEREL
CHRISTMAS BREAK	18TH DECEMBER 2023 - 7TH JANUARY 2024	NOT APPLICABLE
SHOWCASE	27TH JANUARY 2024 Date Not Confirmed	STOKE DAMEREL
COMPETITION 1 ICC - WESTERN CHEER AND DANCE	10TH AND 11TH FEBRUARY 2024	BATH AND WEST SHOWGROUND
COMPETITION 2 BCA - SOUTHWEST CHAMPIONS	MARCH 2024 Date not Confirmed	TAUNTON/EXETER Venue not Confirmed
EASTER BREAK	29TH MARCH 2024 - 14TH APRIL 2024	NOT APPLICABLE
COMPETITION 3 CHEER CITY - SUMMER SHOWDOWN	11TH AND 12TH MAY 2024	COVENTRY WARWICK UNIVERSITY
COMPETITION 4 ICE - SOUTHERN CHILL	1ST AND 2ND JUNE 2024	WORCHESTER ARENA
SEASON END	7TH JUNE 2024	NOT APPLICABLE

PLEASE NOTE: THE DATES AND VENUES ARE SUBJECT TO CHANGE. WE WILL CONFIRM DATES AND VENUES AS SOON AS POSSIBLE.

COMPETITION TEAM COSTS

MAIN COSTS*

PAYMENT	COST	DATE DUE
MEMBERSHIP FEE** (ONE OFF PAYMENT)	£70	1ST SEPTEMBER 2023
MONTHLY TEAM FEE	£32 (NUCLEAR - £22)	1ST DAY OF THE MONTH
UNIFORM PAYMENT (IF REQUIRED)	£160	1ST OCTOBER 2023
COMPETITION PAYMENT A (COVERS COMPETITION 1 AND 3)	£71 (subject to change currently 2022-2023 pricing)	15TH OCTOBER 2023
COMPETITION PAYMENT B (COVERS COMPETITION 2 AND 4)	£55 (subject to change currently 2022-2023 pricing)	1ST DECEMBER 2023

*ALL FEES ARE NON REFUNDABLE

**MEMBERSHIP FEE INCLUDES - MUSIC, TEAM JACKET, HAIR PIECE, INSURANCE AND CHOREOGRAPHY.

OTHER COSTS

- White trainers - these must be used for cheerleading only and not be worn outside.
- Travel to and from competition.
- Spectator tickets.
- Season T-Shirt - These are optional for the 23-24 season.

CROSSOVERS AND TUMBLE CLASSES

- Athletes who choose to cross over to another team will have additional monthly fees (50%) and competition fees.
- Competition athletes get 50% off tumble classes.

Frequently Asked Questions

I can't tumble will I make a team?

Yes! Every athlete who attends team placements (please see the over 21 rule) or sends us a video entry will be placed on one of our competition teams.

Can you tryout for a specific position or team?

We do not allow people to try-out for any specific position or team. Cheerleading is a team sport so we will place you where we think you will show your best potential and be a great asset to the team. Always remember the judges watch every single person on the mat.

Will everyone be watching me at team placements?

Definately not! Although there will be lots of athletes in the room, they will all be concentrating on their own placements. Whilst other athletes are practicing, you will be called over to one of our team coaches who will ask you to show them your tumblers. We understand that people might be nervous but we just want you to have fun and smile.

What should I wear?

Something that you are comfy in. Tshirt and shorts/leggings are great. We also suggest you bring a jumper, the gym can get cold when you are standing around. You can wear clean soled trainers (these must not have been worn outside) or socks/bare feet.

What is needed to become a flyer?

We will never guarantee anyone a spot as a flyer (this can even change throughout the season). However, if this is a position you are hoping to fulfill you will need the following stretches on both legs. Heel stretch, arabesque, and scale - leg straight with your foot above hip height (Pictures below for reference - 1. This stretch would not count at competitions, 2. Skills would be credited but technique points lost, 3. Desired level of skill.).



What tumblers are needed for each level?

Below are the desired tumblers for each level.

Please note: Having these tumblers does not mean you will definitely be placed at that level and some athletes without the desired tumblers may still make higher level teams.

Level	Standing Tumble	Running Tumble
Prep 1	Handstand and/or Forwards Roll	Cartwheel
Level 1	Backwards Walkover	Forwards Walkover Cartwheel Backward Walkover
Level 2	Backwards Walkover Backhandspring	Round off Backhandspring Backwards Walkover Back Handspring.
Level 3	Forwards Walkover Aerial and/or Series Backhandsprings	Roundoff Backhandspring Tuck

We look forward to seeing you at Team Placements and you becoming part of one (or more) of our competitive teams for the 2023-2024 season.

We have tried to include as much information as possible in this Team Placement pack. If you have any questions or need some extra information please contact us and we will get back to you.

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