



2024 - 2025

MID SEASON INFO PACK

DREAM



# INTRODUCTION

## SAME TEAM NEW DREAM!

Welcome prospective Unity Allstars Leeds athlete and thank you for downloading this Season ONE info pack! We are thrilled to continue a legacy of high quality recreational, competitive and international cheerleading teams in West Yorkshire and cannot wait to get started with the brand new Unity Allstars Leeds!

This info pack is aimed at athletes wanting to join our competitive program for our second mid season intake beginning February 2025. So please read on for more information on the process!

Don't worry if you are brand new to the sport and want to try out for a competitive team, we have squads at beginner level through to our international and worlds teams. Our teams start at age 6 and up so there are opportunities for all!

Cheerleading is one of the most dynamic, exciting and progressive sports around today, focusing on building a variety of skills from tumbling, stunting and dance and is the ideal sport for those wishing to push themselves physically and also to perform on stage! A big focus of cheerleading is team work and we are super proud of the family values we instill as a program.

We hope you can be part of the UAL Family, so please read on!

### Training venue

Lower Westfield House  
Broad Lane  
LS133HA

Please note this venue is currently a temporary venue. We are currently looking to move venues at the end of this season.

### Unity Allstars Leeds

Unity Allstars Leeds is a proud member of the Unity Allstars family.

Our dedicated staff and team of coaches work closely with Unity Allstars to maintain the highest quality cheerleading coaching possible!

Our coaches receive regular training and are kept up to date with the latest coaching methodology and practice in order to bring out the very best in all of our athletes!

[hello@unityallstarsleeds.com](mailto:hello@unityallstarsleeds.com)  
[www.unityallstarsleeds.com](http://www.unityallstarsleeds.com)  
[@unityallstarsleeds](https://www.instagram.com/unityallstarsleeds)



# TEAMS AND TIMETABLE

Please see below the current timetable and teams training at UAL.

Please note athletes will be offered placements based on tryouts, and it may be that not all teams will have athletes placed. We will assess all athletes against where we have current openings and where we feel they would be best placed for their ability and potential development.

## Prep/NT/Elite teams

Our prep and NT (non tumble) teams train once per week, with tumble optional but highly recommended. Prep teams offer a lower level of commitment to the competitive program. These divisions are still very competitive! Elite teams offer a higher level of commitment, with 2 team training sessions per week and Sunday tumble compulsory.

### Prep/Elite Teams

Jellybean Mini Prep 1 - Aged 5-8 as of 31/08/24  
 Lavender Junior Prep 2.1 - Aged 9-14 as of 31/08/24  
 Lightning Open NT Level 2 - Born 2009 or earlier  
 Aqua Open NT Level 3 - Born 2009 or earlier

### Elite Teams

Apricot U12 Level 1 - Born 2012-2017  
 Apple U14 Level 2 - Born 2010-2015  
 Blossom U16 Level 3 - Born 2008 - 2013  
 Blaze Senior 4 - Age 12+ as of 31/8/24 (max 22)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
16:00						10:00		
16:30	JELLYBEAN MINI PREP 1 4.30PM-6PM	APRICOT U12 L1 4.30PM-6pm	LAVENDER JUN PREP 2.1 4.30pm-6.30pm	APRICOT U12 L1 4.30PM-6pm	REC Age 6+ 5pm - 6pm	10:30		
17:00								
17:30						11:30	TRAVEL TEAMS 11am - 1pm	
18:00	APPLE U14 L2 6pm-7.30pm	BLOSSOM U16 L3 6pm-7.30pm		BLAZE S4 6.15pm-7.45pm	BLOSSOM U16 L3 6pm-8pm	12:00		
18:30						12:30		
19:00	BLAZE S4 7.30pm-9.30pm	HAVOC IOSC6 7.30PM-9.30PM	AQUA NT3 7.30pm-10pm	TRAVEL TEAMS 7.45pm - 9.45pm	HAVOC IOSC6 8pm-10pm	13:00		
19:30						13:30		
20:00						14:00	OPEN GYM 2pm - 5pm Bi weekly	TUMBLE Level 1 2pm - 3.15pm Level 2/3 3.15pm - 4.30pm Level 4+ 4.30pm - 6pm Open/NT 6pm - 7pm
20:30						14:30		
21:00						15:00		
21:30						15:30		
22:00						16:00		
						16:30		
						17:00		
						17:30		
						18:00		
						18:30		
						19:00		

Crossovers may be offered to athletes if we feel they can benefit another team, particularly in a different position. Cross overs are offered with an additional crossover fee of 50% of the lowest team fee



# EVALUATION PROCESS

Please fully read the evaluation procedure below.

**1**

- Fill out an athlete mid season evaluation form -

This is different from your interest form and **MUST** be filled out before booking any sessions. This form is essentially your ticket to evaluations and we cannot evaluate you or your child without it filled in.

**2**

- Book evaluation session -

Once you have filled in your evaluation form, please book and pay for your evaluation session. You must do this ahead of tryouts, you cannot pay on the door.

**3**

- Offer Emails -

Athletes will be carefully assessed and offer emails sent out. We will do our best to place all athletes but as teams and divisions are set there may not be a place for everyone but rest assured we will do our best to offer places to athletes. Emails will be sent out by 3rd Feb.

**4**

- Accept your spot! -

Once you have received your offer email you will be asked to fill in an acceptance form and pay your registration fee. Your offer email will detail your team placements and training times along with any important dates and information.

All links are available at [www.unityallstarsleeds.com](http://www.unityallstarsleeds.com)

Check the next page for info and costings for the remainder of the season



# FEES & PAYMENTS

All monthly fees are collected via Coacha and Stripe our online payment system and are recurring monthly card payments. This is set up for you at the start of the season. Your first monthly payment will begin on March 1st.

Please note that there is also a one off mid season registration fee due at the start of the season when accepting your place.

Your registration fee includes payments for training T shirt, training scrunchie and insurance, the February pre team training fee and also comp entry fees for the remaining comps of the season.

In addition, a uniform payment and bow payment will be payable which will be due before 1st March.

Pathway	Team	Tumble	Monthly Fee	Uniform and Bow	Mid season registration fee (Inc comps)
Prep	Jellybean Mini Prep 1	Optional	£55	£130	£99
	Lavender Junior Prep 2.1	Optional	£65	£210	£99
NT	Lightning NT2	Optional	£70	£210	£99
	Aqua NT3	Optional	£70	£210	£99
Elite	Apricot U12 1	Included	£80	£210	£99
	Apple U14 2	Included	£80	£210	£99
	Blossom U16 3	Included	£85	£210	£99
	Blaze Senior 4	Included	£85	£210	£99

## FEBRUARY TRAINING

Once placements are offered and confirmed, athletes will join their team for February training.

During this time they will train alongside the current athletes, learn the stunt sequences and familiarise themselves with the team and routine.

Tumbling athletes will attend tumble sessions also and make sure they are building their tumble skills up to the required standard for the routine.

Then after FC Circus on March 1st, the athletes will be placed fully into the routine in the run up to the first comp, Cheercity Allstar Nationals.



# COMP SCHEDULE

Please see below the comp schedule for the remainder of the season. Please note mid season intake athletes are only competing at Cheercity Allstar Championships and Cheercity Nationals

Additional comps are listed below in the eventuality that we need athletes to fill in for comps prior to the above.

Full comp schedule including spectator information and block schedule info is available on our website.

EP	EVENT	DATES	LOCATION	BLOCK	PREP	ELITE
FC	Circus Spectacular	1/2nd March	EIS, Sheffield	1		x
FC	Essentials	2nd March	EIS, Sheffield	1	x	
Cheercity	Allstar Championships	5th/6th April	Wildcats Arena, Notts	2	x	x
Cheercity	Nationals	31st May/1st June	EIS, Sheffield	2	x	x

# ATTENDANCE

Cheerleading is a team sport where attendance is VITAL to the effectiveness and success of the team. As such we employ an attendance policy designed to be fair to the athletes but also fair to the rest of the team. We have a three strike rule and red zone periods where attendance cannot be missed for any reason without exceptional extenuating circumstances. Our full attendance policy is available to view on our website. Please also note the following special attendance periods and closures.

Green Zones are during school holidays (with the exception of February and May half term) and apply to domestic teams. During Green zones our three strike rule is suspended and athletes may be absent from sessions for family holidays etc. You must still log our absences via your acceptance form however these will not count towards your absence quota.

Summer Green Zone - 5th August - 1st September inclusive

October Green Zone - 28th October - 4th November inclusive

Easter Green Zone - 7th April - 21st April inclusive

Full closure - Christmas break - 21st December - 6th January inclusive

Full closure - End of season - 29th June