

HELLCATS CHEERLEADERS SKILL EVALUATIONS PACK

HELLCATS
Cheerleaders



25

SEASON 12



THE HELLCATS VALUES

The Hellcats Values are at the heart of everything we do and we use these to tailor our programme and empower each member of the Hellcats Pride on their journey to become their most successful self.



— “ —

The coaches are just amazing, supporting the girls in each team with their journey and how far they want to go! My daughter wanted to do cheerleading, she knew friends from Hellcats and wanted to go. Best decision ever! The dedication she has for this sport is unreal - this is down to the team work put in and the coaches. Thank you Hellcats!

— ” —

— “ —

My daughter has been at Hellcats for almost 3 years. She went knowing nothing at all about cheerleading and now it is the most important thing in her life!

Laura, Rachel and the coaching team are so dedicated to all the athletes and so incredibly caring and supportive. They really know how to get the best out of the athletes. My daughter has progressed so well and most of all it's so fun and you can see how much they all love it! I would recommend Hellcats Cheerleaders to anyone!

— ” —

AT THE HEART OF HELLCATS

Our ambition at Hellcats is simple: to be cheerleader's biggest cheerleaders!

We firmly believe cheerleading is for everyone and we are passionate about making cheerleading accessible for all. We take immense pride in nurturing and cheering on our athletes every step of the way.

We are dedicated to fostering a safe, friendly environment where athletes gain a strong grounding in not only cheerleading-specific skills, but valuable life skills they can take with them far beyond their years on the mat.



JOIN THE PRIDE FOR SEASON 12

EVALUATIONS

MONDAY 15TH JULY 2024

**FLYER TRYOUTS
5-6PM**

**1:1 TUMBLE EVALS
6-9PM**

ADDLESTONE

TUESDAY 16TH JULY 2024

**FLYER TRYOUTS
4-6PM**

**1:1 TUMBLE EVALS
6-9PM**

CHICHESTER

WEDS 17TH JULY 2024

**MINI/YOUTH STUNT
CALLBACKS 5-7PM**

**JUNIOR/SENIOR STUNT
CALLBACKS 7-9PM**

ADDLESTONE

THURSDAY 18TH JULY 2024

**MINI/YOUTH STUNT
CALLBACKS 5-7PM**

**JUNIOR/SENIOR STUNT
CALLBACKS 7-9PM**

CHICHESTER



HOW IT WORKS...

Evaluations must be booked via our online shop. All athletes must book an evaluation in order to attend. If you are unable to attend in person, please select a video evaluation and we will get in touch about what you need to submit.

Athletes should book a 1:1 Tumble Evaluation from the slots available. Our coaches will review your jumps and tumblers and following this you will be invited to a stunting callback where we will assess your stunting ability. Athletes are required to attend both sessions as part of the evaluation process.

Evaluations cost £12 per athlete. This includes your tumble 1:1 eval and your stunting callback
Flyer tryouts cost £4 per athlete.

EVERYONE IS GUARANTEED A SPOT ON A COMPETITION TEAM

PREDICTED TEAMS



Please note these teams are only a prediction of what we hope to field in Season 12. We may add/remove/change teams based on the skills we see at evaluations in order to put together the most successful teams possible. All athletes are required to compete in their lowest age-eligible division however crossover opportunities may be offered onto older/higher level teams if we believe this could be a good fit for your athlete.

24-25 AGE GRID

Hellcats Cheerleaders follows the SportCheer England Age Grid. Please note an athlete's age for the 24-25 season is determined by their age on 31st August 2024.

Tiny (3-6 years)
Mini (5-8 years)
Youth (7-11 years)
Junior (8-14 years)
Senior (12+ years) -
please note Senior teams
are subject to the 10 year
gap rule
Open (17+ Years)

Tiny Novice

Mini Novice

Mini Prep

Youth Novice

Youth Prep

Youth L1

Youth L2.1

Junior Prep

Junior L2

Senior Prep

Senior L1

Senior L2

Open L2 Non-
Tumble

IU12 L1

IU16/18 L1

Level 2&3
Developments

ALL COMPETITION TEAMS WILL ATTEND A MINIMUM OF 3 COMPETITIONS A YEAR. DEVELOPMENT TEAMS WILL WORK TOWARDS AT LEAST 1 END OF SEASON PERFORMANCE.



NOVICE

No previous experience necessary

No previous skills required

Low pressure teams with a big emphasis on technique building
3 competitions per season

1.5+ hours training per week

Perfect for those looking for an introduction to competitive cheer

VS

PREP

Little to no previous experience necessary

Some previous skills required with good technique -

Kickovers/Walkovers desired

Moderate levels of commitment and dedication required
3-4 competitions per season

3+ hours training per week

VS

ELITE

Some previous experience desired

Previous skills required with excellent technique

- Switch Leg Walkovers and Series Walkovers at L1, Back Walkover Back Handspring and Round

Off Series Back Handspring at L2.

High levels of commitment and dedication required
4-5 competitions per season

3.5+ hours training per week

LEVELS

As well as skills, coaches will consider work ethic, coachability and attitude when placing teams

TRAVEL TEAMS

We will open up Tryouts for our International Travel Teams in August once Team Placements have been confirmed and accepted.

To be eligible for one of our travel teams you should have mastered the majority of Elite Level 1 tumble passes, previous experience in competitive L1 cheerleading and have a strong work ethic and coachable attitude. These teams come with a much higher level of commitment (both time commitments and financial commitments) than our other teams.

To be eligible for IU12 L1 you must be born between 2012-2017.

To be eligible for IU16 L1 you must be born between 2008-2013.

To be eligible for IU18 you must be born between 2006 - 2011



WHAT HAPPENS NEXT?

Coaches will review jump/tumble evaluation videos along with athlete stunt ability and attitude to build the most successful competitive teams possible.

Team Placements will be emailed out by 1st August 2024 along with our detailed Season Information Pack for Season 12. All you have to do then is let us know if you wish to accept your placement and then we will be in touch regarding payment plans etc.

Please note that all team placements are at the discretion of the coaching team and are made with the best interests of the team as a whole in mind. All decisions are final. If you wish to discuss your athlete's placement for Season 12, please contact us no earlier than 48 hours after placements have been released to arrange a face to face meeting with one of our Head Coaches. We will not discuss the placements of other athletes.

HOW SHOULD I PREPARE FOR EVALUATIONS?

Take a deep breath and relax! You've already made a team!

In the days leading up to your evaluation, you can practice your skills and work on your flexibility if you want to build your confidence in these areas.

On the day of your evaluation, be sure you are wearing comfy clothes you can move in and bring your cheer shoes if you have some. Bring a water bottle and your best attitude, we can't wait to see you!

Make sure to arrive at least 15 minutes before your evaluation time to ensure you have enough time to properly warm up before your 1:1.



ADDITIONAL INFO