



HELLCATS *Cheerleaders*

Season
10

RECREATIONAL CLASSES
INFORMATION PACK

WWW.HELLCATSCHEERLEADERS.CO.UK



ABOUT US

HELLCATS CHEERLEADERS is a community cheerleading squad based in Chichester and Addlestone. Starting off as an after-school club, Hellcats Cheerleaders are now entering their 10th competitive season.

As well as our competition teams, we offer a number of recreational classes. All our recreational classes train once a week to learn and work on their routines, we have recreational classes in both cheerleading and dance.

If you would like to know more about our competition teams please let us know and we can send you our competition team pack instead.

Hellcats Cheerleaders is open to anyone who wants to cheer or dance, no previous experience is necessary, just dedication and enthusiasm.

Our recreational teams work on all the fundamentals of cheerleading and dance in a pressure-free environment and are taught by our fully-qualified coaches. Rec classes are a great introduction to cheer and dance without the time and financial commitments of being on a competitive team.

All our Recreational classes are invited to take part in our annual showcase in July. Details can be found further on in this information pack.



OUR RECREATIONAL CLASSES

THIS YEAR

STREET DANCE

Our Chichester street dance class is for ages 5 - 9 and is a great entry into dance. It is a fun and upbeat class where children learn routines to up to date music. No experience is necessary just enthusiasm!

TINY TUMBLERS

This is a cheerleading class for ages 3-5 that focuses on tumbling. Due to their age they are not required to learn a routine (although will do so for the end of year show!)

Our Tiny Tumblers will be taught basic gymnastics skills such as rolls, handstands and bridges to prepare them to move onto one of our teams when they are old enough, should they wish to.

They will also learn basic stunts and simple progressions.

CHEERLEADING

Our non-competitive cheerleading team is aimed at ages 5+. This class requires less pressure and commitment than a competitive team and provides athletes with a well-rounded cheer experience. This team is also suitable for those who would like to join a competitive team but have enquired after we have closed our competitive teams for the season. This class will train the same way we train our competition teams and will enable athletes to learn the skills necessary to join a competition team in the future should they wish to do so.



TUMBLE

As well as our dance and cheerleading classes we do also offer recreational tumbling classes to work on your gymnastics skills. Please note that spaces on our tumble classes are subject to availability as our competition team cheerleaders get priority so it depends on whether there are spaces in the class.

Chichester

MONDAY

CHEERLEADING (CHI)

16:30-17:30

TUESDAY

STREET DANCE (CHI)

17:00-18:00

THURSDAY

TUMBLE
(EAST WITTERING)

16:30-17:30

SUNDAY

KITTENS (CHI)

9:15-10:00

STREET DANCE
(EAST WITTERING)

17:30-18:30

CHEERLEADING (CHI)

10:00-11:00

TUMBLE (CHI)

11:00-12:00



Addlestone

TUESDAY

REC CHEER



17:00-18:00

SATURDAY

OPEN GYM



15:00-16:00

FLIGHT SCHOOL



18:00-19:00

Open Gym runs once a month at a gymnastics centre in Feltham



Financial Requirements

Our aim is to try to keep costs to an absolute minimum, charging only what is needed. Please note, our payments are spread out across 12 months to keep them even across the year. This means payments will still be due during August and the months with school holidays. This will allow payments to be consistent and enable you to budget accordingly.

MONTHLY FEES

- 1 hour a week - £20.00 per calendar month
- 2 hours a week - £35.00 per calendar month

Costs are worked out based on the number of weeks we run throughout the year, spread across 12 months to make payment easy. We use an online booking and subscription payment system to make paying simple. Payment is taken the 1st of each month. All subscriptions **MUST** be paid on or before the first of each month; failure to do so may result in your child being removed from classes. **Please note there is no additional processing fee for subscriptions.**

We will be emailing everyone in August with regards to setting up your online subscription and the first payment for this season will be due on the 1st September with classes aiming to start the week commencing Sunday the 4th September. Please ensure you have set up your subscription by Wednesday 31st August. We require a one-month's written notice to cancel your subscription.

PRACTICE WEAR

All athletes are expected to wear appropriate clothes to train in EVERY practice. This can be either shorts or leggings and a T-shirt or vest. Hellcats branded training kit and team merchandise etc are available to purchase if you wish. You can find our online shop on our website www.hellcatscheerleaders.co.uk

CHEER SHOES

All Rec Cheer athletes must purchase all-white trainers. These shoes must be worn to all practices and must not be worn outside. Cheer trainers are not purchased directly through us but we can advise you of where to purchase. Please ask for more details. Street Dance athletes should wear clean trainers to classes and tumble athletes should have bare feet.

HOLIDAY CAMPS

We run additional camps over school holidays for those who want to attend. They are £15.00 for 3 hours. You will be informed of the dates of these at the start of each half term to allow you to book. Please note these are not compulsory.

TEAM APP



Hellcats Cheerleaders App

Get it now



Available on the
App Store



Android App on
Google Play



**KEEP UP TO DATE AND
HAVE ALL TEAM DETAILS
AND DATES AT YOUR
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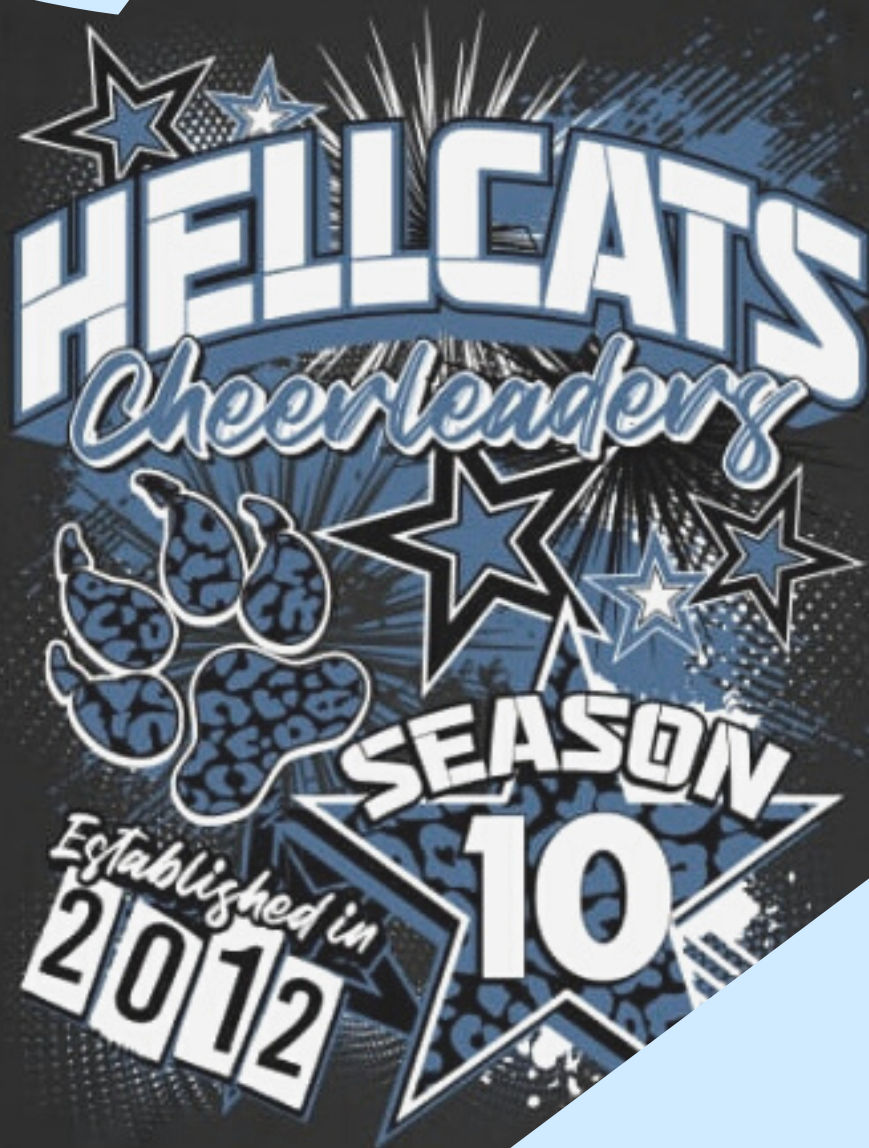
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HELLCATS REGISTRATION FORM 2022 - 2023

Athlete Name _____ Date of Birth _____

Preferred Pronouns _____

Age as of 31st August 2022 _____ T- shirt size (age or adult size) _____

Parent/Athlete Contact No _____

Athlete/parent email _____

Home Address: _____

Postcode: _____

Name of Emergency Contact: _____

Relationship to Child: _____

Telephone number (1): _____ Telephone number (2): _____

Email address: _____

Details of any on-going medical conditions (e.g. asthma, allergies, knee/ankle/wrist problems):

Details of any medication taken:

I, _____ being the parent / legal guardian/ athlete if 18yrs+ of the above named consent that she/he may participate in cheerleading. I recognise the risks involved when taking part in any activity involving height and motion, including cheerleading. I accept that Hellcats, its staff and coaches are not responsible for determining whether the athlete is fit to take part in cheerleading. I confirm that the athlete is physically fit and healthy and I will advise Hellcats of any change. I declare that I consider the athlete capable of taking part in cheerleading. In signing this consent form I declare that I am aware of the element of risk involved and while I accept that the coaches will take precautions to prevent accidents, I understand that they will not be held responsible for accidental loss, damage or injury to the athlete unless negligence can be proved. I consent and authorise Hellcats and its staff and coaches to give the immediate necessary authority on my behalf for any medical treatment recommended by competent medical authorities in the case of emergency at any authorised event the athlete is participating in or attending. I further understand that every effort will be made to contact me. I will not hold Hellcats legally or financially responsible for any claims arising from consent and medical treatment for the athlete named. I am aware that photographs and video footage may be taken during authorised events for coaching and promotional purposes. I give permission for the athlete to be photographed or video-taped during any authorised event, and give permission for such photographs and video to be used for the promotion of Hellcats activities and publicity, and the sport of cheerleading. I waive the right to approve any photographs or videos and understand that there will not be any compensation for the use of these photographs or videos. I hereby agree with the above, and have read and fully understand these conditions and by signing, agree to accept them.

Signature of Athlete (if 18yrs +)/ parent / legal guardian: _____

Date _____

REC ATHLETE CODE OF CONDUCT 2022-2023

As a member of Hellcats Cheerleaders, you will be expected to follow the below rules and adhere to them at all times. This is to ensure we have productive and committed athletes and teams. Upon gaining a place on one of Hellcats squads, I agree to the following conduct:

- I agree to attend training with a positive attitude and will listen to the coaches and instruction given in order to be the best athlete I can be.
- I will wear appropriate practice clothes to each practice, without excessive makeup and nails cut to a reasonable length. Hair will be tied up.
- I understand that no swearing, bullying or use of anti-social behaviour is accepted at Hellcats.
- I agree that I will be respectful on social media and will not use Hellcats team names as profile/username; I understand that misuse of social media directly affecting Hellcats or any of its members will result in losing my place at Hellcats.
- I agree to inform coaches a minimum of 4 weeks prior to planned holidays and absences BY ABSENCE REQUEST FORM (via the Hellcats Cheerleaders app).
- I agree to pay all fees for training by the dates given and that late payments will incur a fee and that no refunds will be given.
- I will respect the training facilities and equipment and will not misuse it in any way.
- I understand that failure to adhere to the above rules may result in me being asked to leave Hellcats.

By signing you agree to all of the above terms and understand that failure to comply may result in the loss of your place on the team.

Signed _____ (athlete) Printed _____
(athlete)

Signed _____ (parent) Printed _____
(parent)

Date _____



Dear Hellcats,

We are committed to only contact you regarding your child's team, practice schedule and upcoming events you are signed up for. We will not use your data for unnecessary marketing or spam emails.

All information collected by Hellcats Cheerleaders is used solely by Hellcats Cheerleaders and our class management system, Class 4 Kids. Your information will not be sold to any third parties. Further information about the information we collect and how we use it can be found in our privacy policy on our website www.hellcatscheerleaders.co.uk

Cheerleaders Name:

Parent/Guardian Name:

Parent Email:

Parent Phone:

We would also like to take this opportunity to invite you to follow us on social media channels to ensure you do not miss out on anything!

Facebook: @HellcatsCheer

Instagram: @hellcats_cheerleaders



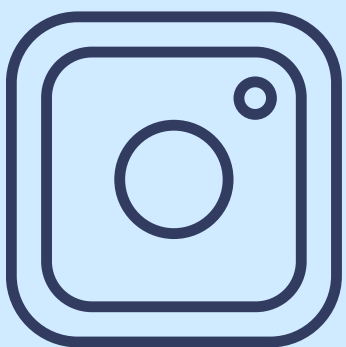
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