



HELLCATS  
*Cheerleaders*



Season 10

COMPETITION TEAM  
INFORMATION PACK

[WWW.HELLCATSCHEERLEADERS.CO.UK](http://WWW.HELLCATSCHEERLEADERS.CO.UK)





# CONTENTS

## THE INFORMATION

- 5 About Us
- 6 Season 11 Timetable
- 7 The Teams
- 8-9 Important Info This Year
- 10-11 Tryout Info
- 12-15 Financial Requirements
- 16 Competition Information
- 17-19 Key Dates 2023-2024
- 20 Meet The Team
- 21 Athlete Requirements
- 22 Apps and Fundraising
- 23-25 Merchandise

## THE FORMS

- 27 Registration Form
- 28 Hellcats Constitution
- 29 Attendance Policies
- 30 GDPR and Whatsapp Consent
- 31 Financial Requirements
- 32 First Aid Consent/  
Concussion Policy









# 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 11th competitive season.

All teams train once a week to learn and work on their routines. We also require all competition team cheerleaders to attend at least 1 tumble class a week to develop their skills.

You will be informed of your tumble training time at the start of the season after team placements have been allocated.

Private tuition for tumblers, flyer practice or solos can also be arranged, please ask for more information.

Hellcats Cheerleaders is open to anyone who wants to cheer (no previous experience necessary, just dedication and enthusiasm). We will place you on the team you are best suited for based on your age and ability.

**St Joseph's School**

Orchard Street, Chichester PO19 1DQ

**Fullbrook School**

Selsdon Road, Addlestone, KT15 3HW

# ADDLESTONE TIMETABLE

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SUNDAY

**Flyer Class**  
**5:00-6:00**

**Lynx**  
**5:00-7:00**

**Tigers**  
**5:00-7:00**

**Cubs**  
**5:00-7:00**

**Wildcats**  
**10:00-4:00**  
**(monthly)**

**Level 1**  
**Tumble**  
**5.00-6.00**

**Caracals**  
**6:00-8:00**

**Panthers**  
**7:00-9:00**

**Snow**  
**Leopards**  
**7:00-9:00**

**Leopards**  
**7:00-9:00**

**Level 1**  
**Tumble**  
**6.00-7.00**

**Open Gym**  
**4:00-5:00**  
**(monthly)**

**Adult Cheer**  
**(17+)**  
**8:00-9:00**

**Level 2/3**  
**Tumble**  
**7.00-8.00**

**Seniors/  
Adult**  
**Tumble**  
**8.00-9.00**

# CHICHESTER TIMETABLE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SUNDAY

**Cheetahs**  
**5:00-7:00**

**Ocelots**  
**6:00-8:00**

**Novice**  
**5:00-7:00**

**Bobcats**  
**5:00-7:00**

**Open  
Tumble**  
**11:00-12:00**

**Level 1  
Tumble**  
**5:00-6:00**

**Pumas**  
**7:00-9:00**

**ThunderCats**  
**8:00-10:00**

**Lions**  
**7:00-9:00**

**Sabres**  
**7:00-9:00**

**Flyers &  
Stretch**  
**12:00-1:00**

**Level 1  
Tumble**  
**6:00-7:00**

**Level 2+  
Tumble**  
**7:00-8:00**

**Level 2+  
Tumble**  
**7:00-8:00**

**Seniors/  
Adult  
Tumble**  
**8:00-9:00**

**Seniors/  
Adult  
Tumble**  
**8:00-9:00**



# ADDLESTONE TEAMS

## CUBS

Cubs is a Mini age team (age 5-8), This team is a Prep Level 1 team that has at least one of their walkovers and are working on elite passes.

## CARACALS

Caracals is our Youth Novice team for cheerleaders aged 6-11 who are working on their rolls, handstands and cartwheels.

## TIGERS

Tigers is our Elite Youth Level 1 team for cheerleaders aged 9-11.

This is a higher-level youth team for those who have perfected their level 1 skills

## LYNX

Lynx is our Youth Level 2 team for cheerleaders who are working on their advanced/elite Level 2 tumbling passes and have previous experience stunting at Level 1.

## PANTHERS

Panthers is our Junior Level 1 team for cheerleaders aged 12-15 who are working on their level 1 skills.

## LEOPARDS

Leopards is our Senior Level 1 team for cheerleaders aged 15+ who are working on their level 1 skills.

## SNOW LEOPARDS

Snow Leopards is our Senior Level 2 team for cheerleaders who are working on their advanced/elite Level 2 tumbling passes and have previous experience stunting at Level 1.

## WILDCATS

Wildcats is our International U16 Level 1 Team. This team trains once a month for 6 hours. Available to athletes born between 2007-2012 with all their Level 1 tumbles and previous experience competing Elite Level 1.

# CHICHESTER TEAMS

## BOBCATS

Bobcats is a Mini age team (age 5-8), This team is a Prep Level 1 team that has at least one of their walkovers and are working on elite passes.

## KITTENS/ JUNGLE CATS

Kittens & Jungle Cats are our Novice teams for cheerleaders aged 5-11 who are working on their rolls, handstands and cartwheels.

## CHEETAHS

Cheetahs is our Youth Prep Level 1 team for cheerleaders aged 9-11 that have at least one of their walkovers and are working on elite passes.

## LIONS

Lions is our Elite Youth Level 1 team for cheerleaders aged 9-11.

This is a higher-level youth team for those who have perfected their level 1 skills

## PUMAS

Pumas is our Junior Level 1 team for cheerleaders aged 12-15 who are working on their level 1 skills.

## OCELOTS

Ocelots is our Junior Level 2 team for cheerleaders who are working on their advanced/elite Level 2 tumbling passes and have previous experience stunting at Level 1.

## SABRES

Sabre's is our Senior Level 1 team for cheerleaders aged 15+ who are working on their level 1 skills.

## THUNDERCATS

ThunderCats is our Open Level 2 Non-Tumble Team for cheerleaders aged 17+ who would like to compete without the pressure of tumbling while pushing their stunting ability to the next level.



# IMPORTANT INFORMATION

## FOR THIS YEAR

### PRIVATE CLASSES

We are offering private 1:1 sessions for tumbling, flyer technique and for those wanting to compete dance or cheer solos.

Please let us know if you are interested in 1:1 tuition.

### TIMETABLE/DIVISIONS

Please bear in mind that the projected timetable, teams and divisions offered for Season 11 are currently a prediction and therefore subject to change following tryouts. Changes in the industry for the new season mean that team-building is more complex and important than in previous seasons so please bear with us while we work out how to put together successful teams.

### MEMBERSHIP FEES

Our annual membership fees help cover the increasing costs of running Hellcats. All Hellcats (new and returning) will pay a £25 fee which will be added to your subscription at the start of the season. This helps cover the cost of competition music, music licenses, insurance, and admin costs throughout the season.

### MANDATORY TUMBLE

All of our competitive teams are expected to attend an hour of tumble each week. Recreational athletes can also choose to attend an additional tumble class if they wish.

We will allocate you to a tumbling class based on your tumble ability. We will inform you of these ASAP after tryouts along with your season 11 team placement.

### FLIGHT SCHOOL

This class is aimed at athletes wanting to improve their flexibility and is compulsory for all athletes chosen to be flyers.

Please let us know if you would like to add this class to your subscription.







# IMPORTANT INFORMATION

## FOR THIS YEAR



### CHOREOGRAPHY CAMPS

Please make a note of the mandatory choreography camps for all of our competition teams. The dates of these can be found on our Key Dates page and you will be charged at £15 per athlete per team. This will be added to your November subscription.

### UNIFORMS

This season we are making a change to how we deal with uniforms for competitions. Athletes will be responsible for their uniforms for the whole season. We will be offering parents the option to purchase the uniform outright or participate in our uniform rental scheme. More details can be found on our uniforms page.

### FUNDRAISING LEAGUE

This season, we are putting a big focus on fundraising to help us keep costs as low as possible and expect all of our athletes to be actively involved in fundraising activities. We are launching the Hellcats fundraising league - more information on this will be revealed at the start of the new season! If you have any ideas for fundraisers, please let us know!

### SPECTATOR MERCHANDISE

This season in addition to our athlete merchandise, we have a wide range of spectator merchandise available too! Show your Hellcats pride at comps by wearing some of our tshirts/jumpers! Available in our online store now.

### TEAM PAW-RENTS

We are on the lookout for more Team Paw-rents to join the Hellcats Pride. Each team will have a Paw-rent who will be responsible for light admin duties relating to their team such as collecting uniforms at competitions, organising socials and fundraisers etc. If you are interested in becoming a Team Paw-rent for your athlete's team, please get in touch!

# Cheer Tryouts 15/16th July 2023



All cheerleaders wanting to be placed on a competition team this season will be required to attend our tryouts on the 15/16th July. Please book your tryouts place on our online booking system which can be found on our website homepage.

All athletes who wish to be on a competition team will be allocated a competitive team that is best suited to their age and ability level.

## **MINI AND YOUTH 10-12PM**

All cheerleaders in school years 1-7 who want to be placed on a competition team are required to attend this session whether they are currently on a team or not. Please note this is based on your school year as of September 2023. If we think you may be suitable for one of our Junior or Senior teams we may ask you to stay for the later session as well.

## **JUNIOR AND SENIOR 12:30-2:30PM**

All cheerleaders in school year 8 or above who want to be placed on a competition team are required to attend this session whether they are already on a team or not. Please note this is based on your school year as of September 2022.

**St Joseph's School**

Orchard Street, Chichester PO19 1DQ

**Fullbrook School**

Selsdon Road, Addlestone, KT15 3HW



# Tryouts 15/16th July 2023



## INTERNATIONAL TRAVEL TEAM

Following the success of our international team, Wildcats, we are pleased to be offering this team again in Season 11! This team is only available following a successful tryout and will train once a month at our Addlestone location. The level this team will compete at will be determined following tryouts on 16th July.

Please note this is a crossover team and can only be joined in addition to your primary team, not as a standalone. This team will come with a higher level of time and financial commitment compared to our regular teams. Please let us know if you would like a copy of our travel team information pack!

Please book your tryout place on our online booking system which can be found on our website homepage or on the Hellcats app.

## STUNT GROUPS

If you are interested in competing a stunt group this year you will need to form your own stunt group and then coaches will determine the level the group will compete at. Stunt group training times will be arranged with the individuals for each stunt group at a convenient time for all participants. Please note we expect the same level of commitment from our competitive stunt groups as we do all our other competitive teams.

**St Joseph's School**

Orchard Street, Chichester PO19 1DQ

**Fullbrook School**

Selsdon Road, Addlestone, KT15 3HW



# Financial Requirements

Our aim is to try to keep costs to an absolute minimum, charging only what is needed. Please note, we operate with a monthly payment plan. This stops payments fluctuating due to differing term lengths which makes a big difference cost-wise. This will allow payments to be consistent and enable you to budget accordingly.

## MONTHLY FEES

- 1 hour a week - £25.00 per calendar month
- 2 hours a week - £40.00 per calendar month
- 3 hours a week - £60.00 per calendar month
- 4 hours a week - £75.00 per calendar month
- 5 hours a week - £90.00 per calendar month
- 6 hours a week - £105.00 per calendar month

Costs are worked out based on the total number of weeks we run throughout the year divided into 11 easy and consistent monthly payments with a payment break in August when there are no classes. We use an online booking and subscription payment system to make payments simple. Payment is taken on 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 contact everyone with your team placements ASAP after tryouts. Classes will commence on Sunday 3rd September. The first payment for this season will be due on the 1st of September. All returning Hellcats will have their plans adjusted to reflect the new season following Season 10's final payment on 1st August 2023. All new Hellcats will be contacted in August to set up their subscriptions in time for the first payment to be taken on 1st September 2023.

### **Withdrawing mid-season**

Please note that if you choose to withdraw from the program mid-season, you will still be liable for some fees. All membership fees paid along with choreography fees, uniform fees, competition entry fees and any spectator tickets will be forfeited. Subscription fees are non-refundable and you will be required to give 1 month's written notice to end your subscription with us. If you are withdrawing after competition routines have been set (1st November), you will also be liable to pay a £100 re-choreography fee in addition to your 1 month's notice.

# Financial Requirements

## MEMBERSHIP FEES

All Hellcats will be required to pay a £25 registration fee at the start of each new season. This goes towards insurance, music and licensing costs and other behind-the-scenes administration costs.

## UNIFORM

From Season 11, each competitive athlete will pay for and be allocated a uniform at the start of the season. This uniform will be the athlete's responsibility until the end of the season when they can either return it to us and 50% of your uniform cost will be returned to you (providing the uniform is returned clean and in good condition) or keep it. Uniform costs are as follows:

Novice/Prep Teams: £50 uniform purchase fee/deposit. £25 cashback if returned at the end of the season.

Elite Teams: £130 uniform purchase fee/deposit. £65 cashback if returned at the end of the season.

If your athlete is selected to be a crossover athlete, Hellcats will provide a uniform for their second team for each competition unless you wish to purchase one.

We recommend sizing your athlete up if they are likely to grow mid-season.

## COMPETITIONS – ENTRY FEES

Competitions cost between £35 and £50 to enter. All competition details, entry fees and due dates can be found later on in this information pack. The payment deadlines are made clear on our competition and key dates pages. Please make a note of these deadlines as failure to pay on time will result in the entry fees being added to your following month's subscription along with a 10% late payment fee.

Deadlines are set by the Event Providers themselves rather than by Hellcats. Once entry fees have been paid to the Event Provider they are non-refundable. If your athlete is on more than one team, you will need to pay an additional crossover fee for each additional routine they are performing in.

# Financial Requirements

## COMPETITIONS – SPECTATOR TICKETS

If you wish to watch your athlete compete, you will be required to purchase spectator tickets. Tickets range in price from £10-25 each and the number of tickets you require will be determined by the number of people who wish to watch along with the number of sessions your athlete is competing in.

Ticket order deadlines are set by the Event Provider themselves rather than by Hellcats. Spectator tickets will be made available on our website as soon as we have the details and they will be removed from sale in line with the order deadline. Parents are responsible for ordering their tickets through our website. We cannot order additional tickets past the order deadline.

## TEAM BOW

You will be required to buy the bow of whichever team(s) you are on each year. These cost £20 and can be bought any time before your first competition from our online shop.

## CHEER SHOES

All athletes must purchase all-white trainers. These shoes must be worn to all practices and competitions. Whilst we realise that cheerleading is a costly sport, we recommend but do not insist that you make an investment in a high quality pair of trainers or cheer shoes. Athlete shoes are the only piece of equipment they take with them on to the competition floor and greatly impact their ability to tumble and execute their routine. Cheer trainers are not purchased directly through us but we can advise you of the best shoes to purchase. Please ask for more details.

## HOLIDAY CAMPS

We run additional camps over school holidays for those who want to attend. They are £30.00 for 6 hours and open to members and non members. The dates for Season 11 holiday camps can be found in the Key Dates section and will be available to book on our booking system. Please note these are not compulsory.

## PRACTICE WEAR

All cheerleaders 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 is available to purchase if you wish. You can find our online shop on our website [www.hellcatscheerleaders.co.uk](http://www.hellcatscheerleaders.co.uk)

All athletes will be expected to attend competitions in Hellcats branded clothing/uniform. We also have spectator merchandise available. Please note all merchandise bearing the Hellcats name should be purchased through Hellcats for copyright purposes. Please do not produce your own clothing/accessories bearing the Hellcats name without prior written approval from the company.



# Financial Requirements

## CHOREOGRAPHY CAMPS

In November, we will be holding mandatory choreography camps for each team. This is to get the skeleton of each routine learned in one go to allow for as much time as possible to be spent in training perfecting the skills and performance of the routine. The camps will run for 3 hours and are compulsory for all athletes. Any athlete that does not attend their mandatory choreography camp may lose their place on that team.

These sessions will cost £15 per athlete, per team and will be added to your subscription for November. The dates of these camps can be found on our Key Dates page.

## 1:1 SESSIONS

Our coaches are available to run private 1:1 sessions throughout the season and these can be booked as either one-off sessions, 4-week blocks or half-termly blocks.

Private sessions are offered in tumbling, flyer technique or for those wishing to compete cheer or dance solos. We offer either 30-minute or 1-hour sessions.

The cost of private sessions ranges from £15-50 depending on session length and whether or not we need to book additional venue hire. If venue hire needs to be added to your booking, this can be divided between up to 3 athletes in a 1:3 session to help reduce costs.

## ADDITIONAL CLASSES

In addition to our monthly fees, there may be optional Pay As You Go classes throughout the season, such as Open Gyms. These sessions are open to Hellcats and Non-Hellcats and are charged at a rate of £6 per hour. Payment for these sessions must be made before attending.

Rarely, our coaches may deem it necessary to hold additional team practices in the lead-up to competition if the team needs extra practice. These will be charged at £6 per hour and will be added to your next month's subscription.

## SHOWCASE FEE

At the end of every season, we hold our annual showcase and awards ceremony. This is our biggest fundraiser of the season. Each athlete is required to pay a showcase fee of £15 and within this cost you will be allocated 2 spectator tickets. Additional tickets will be available to purchase from our online store. The showcase fee will be added to your July subscription payment.

# COMPETITIONS

- ICC SOUTHERN CHAMPIONSHIPS
- DATE: 3RD-4TH FEBRUARY 2024
- LOCATION: GUILDFORD
- COST: **£38 PER CHEERLEADER (+£32 FOR ADDITIONAL ENTRY)**
- TEAMS COMPETING: ALL TEAMS
- FEES DUE: 31ST OCTOBER 2023



- ICE BLAST
- DATE: 11TH-12TH MAY 2024
- LOCATION: CRAWLEY
- COST: **£35 PER CHEERLEADER (+£25 FOR ADDITIONAL ENTRY)**
- TEAMS COMPETING: ALL TEAMS
- FEES DUE: 31ST JANUARY 2024

- ICC SOUTHERN JAM
- DATE: 8TH JUNE 2024
- LOCATION: GUILDFORD
- COST: **£38 PER CHEERLEADER (+£32 FOR ADDITIONAL ENTRY)**
- TEAMS COMPETING: ALL TEAMS
- FEES DUE: 29TH FEBRUARY 2024



- ICC BATTLE OF CHAMPIONS
- DATE: 22ND JUNE 2024
- LOCATION: NOTTINGHAM
- COST: **£38 PER CHEERLEADER**
- TEAMS COMPETING: BID WINNERS ONLY
- FEES DUE: TBC (BID DEPENDENT)

- FUTURECHEER INTERNATIONALS
- DATE: 5TH-7TH JULY 2024
- LOCATION: BOURNEMOUTH
- COST: **£50 PER CHEERLEADER (+£35 FOR ADDITIONAL ENTRY)**
- TEAMS COMPETING: ELITE TEAMS ONLY
- FEES DUE: 30TH NOVEMBER 2023



# 2023-2024 KEY DATES

## SEPTEMBER

3rd - Season 11 Begins

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

23rd-28th - Half Term

24th - Holiday Camp (Morning)

- Last Chance Tryouts (Afternoon)

31st - Payment Deadline for ICC Southernns

## OCTOBER

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## NOVEMBER

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

1st - Choreography Camp Fees added to Subscription

4th - Bobcats Choreography Camp (10-1pm)

Pumas Choreography Camp (2-5pm)

5th - Cubs Choreography Camp (10-1pm)

Leopards Choreography Camp (2-5pm)

Lions Choreography Camp (2-5pm)

11th - Cheetahs Choreography Camp (10-1pm)

Sabres Choreography Camp (2-5pm)

12th - Tigers Choreography Camp (10-1pm)

Snow Leopards Choreography Camp (2-5pm)

Ocelots Choreography Camp (2-5pm)

19th - Lynx Choreography Camp (10-1pm)

Panthers Choreography Camp (2-5pm)

ThunderCats Choreography Camp (2-5pm)

30th - Payment Deadline for Bournemouth

18th - Last Day of Term

19- 1st - Christmas Holidays

## DECEMBER

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## JANUARY

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2nd - Term Begins

26th - Fullbrook Show Offs (6-8pm)

31st - Payment Deadline for ICE Blast

# 2023-2024 KEY DATES

2nd - Chichester Show Offs (6-8pm)

3rd - ICC Southernns (Guildford)

4th - ICC Southernns (Guildford)

12th-17th - Half Term

13th - Holiday Camp

29th - Payment Deadline for ICC Southern Jam (Guildford)

## FEBRUARY

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

## MARCH

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

28th - Last Day of Term

29th - 13th April - Easter Holidays

## APRIL

29-13th - Easter Holidays

2nd - Holiday Camp

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

## MAY

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

3rd - Fullbrook Show Offs (6-8pm)

10th - Chichester Show Offs (6-8pm)

11th - ICE Blast (Crawley)

12th - ICE Blast (Crawley)

24th - Fullbrook Show Offs (6-8pm)

27th-2nd - Half Term

28th - Holiday Camp

## JUNE

1st -2nd- Half Term

7th - Chichester Show Offs (6-8pm)

8th - ICC Southern Jam (Guildford)

22nd - ICC Battle of Champions (Nottingham)

28th - Fullbrook Show Offs (6-8pm)

29th - Chichester Show Offs (1-3pm)

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



# 2023-2024 KEY DATES

## JULY

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

1st - Showcase Fee added to Subscription  
5-7th - Future Cheer Internationals (Bournemouth)  
13th - Fullbrook Showcase  
14th - Chichester Showcase  
19th - End of Season 11  
20-21st - Season 12 Tryouts  
30th - Holiday Camp

## AUGUST

6th - Holiday Camp  
13th - Holiday Camp  
20th - Holiday Camp

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## EVENT DATES

3/4th Feb - ICC Southernns  
(Guildford)  
11/12th May - ICE Blast  
(Crawley)  
8th June - ICC Southern Jam  
(Guildford)  
22nd June - ICC Battle of  
Champions (Nottingham)  
5-7th July - FutureCheer  
Internationals (Bournemouth)  
13/14th July - Showcases  
20/21st July - Season 12  
Tryouts

## TRAINING DATES

4th Nov - Bobcats Choreo Camp  
- Pumas Choreo Camp  
5th Nov - Lions Choreo Camp  
- Cubs Choreo Camp  
- Leopards Choreo Camp  
11th Nov - Cheetahs Choreo Camp  
- Sabres Choreo Camp  
12th Nov - Ocelots Choreo Camp  
- Tigers Choreo Camp  
- Snow Choreo Camp  
19th Nov - Thunder Choreo Camp  
- Lynx Choreo Camp  
- Panthers Choreo Camp

## PAYMENT DATES

31st Oct - Payment Deadline  
ICC Southernns  
1st Nov - Choreo Camp Fees  
Added to Subscription  
30th Nov - Payment Deadline  
FC Internationals  
31st Jan - Payment Deadline  
ICE Blast  
29th Feb - Payment Deadline  
ICC Southern Jam  
1st July - Showcase Fee  
Added to Subscription

## HOLIDAY CAMP DATES

24th October - 6 hours - £30 - 9:00-3:00pm  
13th February - 6 hours - £30 - 9:00-3:00pm  
2nd April - 6 hours - £30 - 9:00-3:00pm  
28th May - 6 hours - £30 - 9:00-3:00pm  
30th July - 6 hours - £30 - 9:00-3:00pm  
6th August - 6 hours - £30 - 9:00-3:00pm  
13th August - 6 hours - £30 - 9:00-3:00pm  
20th August - 6 hours - £30 - 9:00-3:00pm



# MEET THE TEAM



Rachel Henn

Owner/Director

Head Coach

rachel@hellcatscheerleaders.co.uk

07989667596

Contact me about:

Finances, General Info, Merchandise  
Orders, Uniforms, Team Queries etc



Laura Davis

Marketing Manager

Head Coach

laura@hellcatscheerleaders.co.uk

07309737030

Contact me about:

Competitions, AfterSchool Clubs,  
Birthday Parties, Team Queries etc



Annie Grant

Coach



Hannah Dobson

Assistant Coach (Fullbrook)



Emily Weir

Assistant Coach (Chi)



Ella Murphy

Assistant Coach (Fullbrook)

# MEET THE TEAM



Zara Keirs  
Assistant Coach (Fullbrook)



Jody Farrier  
Assistant Coach (Chi)

## JUNIOR COACHES

We are looking for new Junior Coaches to join our coaching team for the 2023-2024 season!

### Requirements:

- Year 10+ from September 2023
- 2 years minimum cheer experience
- Competing on one of our teams for 2023-2024 Season
- Cheer lover and wanting to share your passion with our younger athletes
- Responsible and a good role model for younger athletes
- Available to attend a Training Course in London on 8th October
- Able to commit to attending your teams training session weekly

Sound like you? Get  
in touch to apply!



# Requirements for all Competitive Cheerleaders

- All athletes compete in teams according to age rules from the SCUk – when there is more than 1 team for 1 age group, athletes will compete in teams according to ability. Team placements are at the coach's discretion and all placements are final.
- If offered a crossover, athletes understand they are required to accept their primary team in order to accept their crossover team. No athlete will be permitted to compete on their crossover allocation instead of their primary allocation.
- All athletes will compete for a full season and will be required to pay 1 month's notice plus a £100 re-choreography fee if they leave mid-season (after 1st November 2023).
- All athletes are expected to attend all competitions. If an athlete is unable to attend one of the competitions scheduled, they will be removed from all subsequent competitions and any fees paid forfeited. The athlete will then complete the season as an Alternate.
- All athletes will attend **all** training sessions and competitions throughout the year and will only miss for extenuating circumstances (found in the constitution). Unauthorised absences will result in a strike under our Three Strike Policy. Please submit an absence request form.
- No athletes will take a holiday 3 weeks before a competition. Please let us know your holiday dates as soon as you do so that we are aware of your absences. Absences within 3 weeks of competition may result in the athlete losing their spot in the routine as per our Red Zone Policy. Please submit an absence request form.
- All athletes will keep up to date with financial requirements. Failed payments will result in the athlete being unable to train and may therefore lose their spot in the routine.
- All athletes will sign and abide by the Hellcats Constitution and a Hellcats Medical Form.
- All athletes will attend tumble training in addition to their team training sessions. Any athlete who repeatedly misses their tumble training may be removed from their team.
- All athletes are responsible for their uniforms and are expected to keep them clean and in good condition.
- All athletes will show good sportsmanship at all times. Any athlete found to be bullying, or bringing the Hellcats brand into disrepute will be immediately removed from the program.





# MERCHANDISE



Sparkle Mesh  
Training Kit



Glitter Hoodies



Basketball  
Jersey



Glitter  
Backpack

AND MORE...

[WWW.HELLCATSCHEERLEADERS.CO.UK](http://WWW.HELLCATSCHEERLEADERS.CO.UK)



# MERCHANDISE



Spectator Merch



Keyring Bows



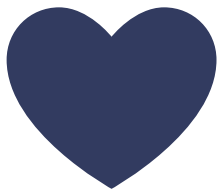
Snuggly



Blanket

AND MORE...

[WWW.HELLCATSCHEERLEADERS.CO.UK](http://WWW.HELLCATSCHEERLEADERS.CO.UK)



SEASON 11 TSHIRT  
AVAILABLE TO PRE-  
ORDER!

[WWW.HELLCATSCHEERLEADERS.CO.UK](http://WWW.HELLCATSCHEERLEADERS.CO.UK)



# HELLCATS REGISTRATION FORM 2023 - 2024

Athlete Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Preferred Pronouns \_\_\_\_\_

Age as of 31st August 2023 \_\_\_\_\_ School Year as of September 2023 \_\_\_\_\_

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 \_\_\_\_\_



# HELLCATS CONSTITUTION 2023-2024

As a member of Hellcats Cheerleaders, you are expected to follow the below rules and adhere to them at all times. Upon gaining a place with Hellcats Cheerleaders , I agree to the following conduct:

- I agree to commit to Hellcats for the full cheer season. I will attend all competitions, events and training sessions set out by Hellcats and I understand that no refunds will be given for missed sessions, competitions or uniforms.
- I agree to make all payments on time or risk losing my place on the team.
- I agree that I have read and understood the 'Requirements for Competitive Cheerleaders' page of this information pack and will abide by said requirements.
- I have read and acknowledged the Key Dates set out by Hellcats and agree to be available for these dates. I also agree to do my best to be available on additional practice dates that may be added during the season.
- I have read and understand the financial requirements associated with Hellcats Cheerleaders.
- I agree that in the instance that I decide to leave the team past 1st November 2023, I understand I will be required to pay 1 month's fees and a £100 re-choreography fee.
- 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 clothing to each practice, without excessive makeup and nails cut to a reasonable length. I will remove all jewellery. Hair will be tied up.
- I will arrive at all competitions at the agreed time, with my uniform, hair and make-up completed.
- I understand that no swearing, bullying, or use of anti-social behaviour is accepted at Hellcats. I understand I will be removed from the program if I am found in breach of this clause.
- I agree that I will be respectful on social media and will not use Hellcats team names as profile/usernames; 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 not create my own clothing/accessories bearing the Hellcats name without prior written approval from the company.
- I agree to inform coaches a minimum of 4 weeks prior to planned holidays and absences BY EMAIL.
- I understand that missed practices, especially before competition, may result in the loss of my place on a team.
- I agree to pay all fees for training, uniform and competitions by the dates given and that late payments will incur a fee and that no refunds will be given.
- I have read and understood the Attendance Policies in place at Hellcats Cheerleaders.
- I agree to inform Hellcats coaches of any changes to my physical health that may affect my ability to fully participate in cheerleading.
- I understand that if I am unable to make a competition, I will be removed from the routine and will be an Alternate for the remainder of the season. I will forfeit any competition entry fees or ticket costs paid and may be liable to pay a re-choreography if the routine has already been set.
- I will help with fundraising events that will benefit myself, the team(s) and/or the program.
- 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.

Signed \_\_\_\_\_ (athlete) Printed \_\_\_\_\_ (athlete)

Signed \_\_\_\_\_ (parent) Printed \_\_\_\_\_ (parent)

Date \_\_\_\_\_

# ATTENDANCE POLICIES 2023-2024

## ATTENDANCE POLICY

Please be fully aware that cheerleading is a demanding sport and requires full attendance, as one person missing will affect the whole team. If you are committing to being part of a Hellcats competitive team you are expected to attend ALL competitions and practices.

### EXCUSED

The following instances may be classed as authorised absences providing they are submitted in writing (via Hellcats Absence Request Form) in advance of the training session/competition.

Illnesses should be reported via text or email as soon as possible.

- Graded school event/exam
- Fever/vomiting/contagious illness (not including minor colds)
- Family death/funeral
- Holidays IF notified with at least 4 weeks notice and not within our Red Zone (see Red Zone Policy)

### NOT EXCUSED

The following instances will NOT be excused and will result in a strike (see 3 Strike Policy)

- Homework/revision – please make sure you organise your time accordingly, you are only required to train twice a week.
- Recreational sport event/non-compulsory school or sports event
- Holidays or any absence within 3 weeks of competition (see Red Zone Policy)

### 3 STRIKES POLICY

If an athlete has 3 unexcused absences within a season they will lose their place on the team. Strikes are issued at the discretion of the team coach and should not be argued. Parents will be notified via email when their child accrues a Strike and will be informed of how many remaining strikes they have. All subscription fees, entry fees and spectator tickets will be forfeited in the event of team removal under the 3 Strikes Policy.

### RED ZONE POLICY

Our Red Zone consists of the 3 weeks leading up to a competition. Any unauthorised absences during this zone may result in the athlete losing their place on the team or having their role within the team significantly reduced or changed. Cheerleading is a team sport with an element of risk and for this reason, it is important that we ensure our athletes have the ability to train safely and effectively at all times and particularly in the lead up to any events. If your absence during Red Zone affects the team's ability to train properly, we reserve the right to remove you from the team for the upcoming performance or significantly change your role within the routine. It will be your responsibility to learn any changes that have been made should this be the case. Red Zone removals and changes are at the coach's discretion and all decisions are final. All competition entry fees and spectator tickets will be forfeited in the event of removal from the team under the Red Zone Policy.

We do not wish to scare anyone with our policies but simply need to advise how important it is that athletes attend every session as cheer is a team-based sport. 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](http://www.hellcatscheerleaders.co.uk)

Cheerleaders Name:

Parent/Guardian Name:

Parent Email:

Parent Phone:

This season, each team will be having a Team Whatsapp Group for parents to help with the distribution of information. If you are happy to be included in your team's group, please tick this box: ☐

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

# Financial Requirements Acknowledgement



I understand the financial requirements expected of me when accepting a place on a team with Hellcats Cheerleaders. I have read and understood this pack's financial requirements information page and agree to its terms.

I understand, acknowledge, and agree to pay all monthly subscription fees on time. I accept that late payment of fees may result in my athlete being removed from their team(s).

I understand that I am financially committed to the entire season from September 2023 to July 2024. I accept that if I withdraw from my place within this period, I will be required to pay 1 month's fees and an additional £100 re-choreography fee. I will also forfeit all paid monies including but not limited to: choreography fees, competition entries, tickets, etc.

I agree that Hellcats Cheerleaders may add any missed payments to the following month's subscription amount along with a 10% late payment fee.

Name (parent): \_\_\_\_\_

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



# HELLCATS *Cheerleaders*



Contact Us

HELLCATSCHEERLEADERS@GMAIL.COM

WWW.HELLCATSCHEERLEADERS.CO.UK



hellcats\_cheerleaders



hellcatscheer