



PARACHEER ATHLETE INFO PACK 2019-2020

About ParaCheer



ParaCheer is a new cheerleading division for athletes with and without sensory and/or physical disabilities. Athletes work together to create adaptations, enabling all team members to perform skills and routines in new and innovative ways. Our ParaCheer team Momentum RISE will compete three times in the 2019-2020 season, showing that disability is no barrier to competitive cheerleading.

Both athletes with and without disabilities are eligible to try out for Momentum RISE. All athletes trying out for ParaCheer divisions must show a positive, team-first mindset, with a willingness to adapt to new ways of doing things. ParaCheer is a separate division to existing SEN cheerleading divisions, and while athletes with learning disabilities are not excluded from ParaCheer divisions, all athletes must have the capacity to learn and memorise a full, complex cheerleading routine.

Momentum RISE will train from the very basics of ParaCheer, making it the perfect opportunity for anyone to get to grips with this new division. If you are an existing cheerleader looking to get involved in ParaCheer, or someone with a disability who would like to get involved in a new sport, this is the perfect opportunity! Feel free to email momentumcheeruk@hotmail.com if you have any questions about our ParaCheer opportunities.



JULY DEVELOPMENT SESSIONS

**Saturdays 20th & 27th July
The Old Church, Uttoxeter Road, ST3 6AA**

All athletes, of all levels, wishing to compete with Momentum's ParaCheer team this season may attend development sessions during July where basic cheerleading skills and adaptations will be taught. The sessions will allow coaches to see athletes' skills and team dynamics as well as understand each athlete's adaptation requirements.

All prospective athletes not currently in our registers must fill out the online member request form found at momentumcheeruk.com/tryouts-2019.

REGISTRATION, TRAINING, & EVENTS

REGISTRATION & REG FEE

All athletes and parents of under 18s wishing to commit to competing with the team during the 2019-2020 season are required to meet in the gym on 10th August 2019 for registration.

All athletes will be registered and coaches will share necessary season information. The meeting is likely to take 1 hour and full-length training will commence two weeks after.

Athletes must bring a signed copy of the Athlete Agreement found at momentumcheeruk.com/tryouts-2019.

A registration fee of £70 will be due at this event to cover start-of-season costs such as team t-shirt, insurance, music licensing, competition items, etc. All payments must be made via debit or credit card, as cash and bank transfers cannot be processed.

TRAINING DAY & FEES

Our ParaCheer team will train once a fortnight on Saturday afternoons.

Training will cost **£30 a month** covering 3hr training session each fortnight. A subscription for this monthly fee will be set up via debit or credit card at registration. The payments will be taken on the 3rd of each month from September 2019. Sibling discount available.

All athletes will be expected to attend all training sessions unless absences fall in line with the Absence Policy. No absences will be excused during the three weeks before showcase or a competition.

SHOWCASE:

We will also hold our annual **BLASTOFF showcase in December 2019**, where all teams will perform their routines at a local event for friends and family. The date will be confirmed within the first three months of the season.

COMPETITION DATES & PAYMENT DATES

Athletes will be expected to keep the following dates free for competitions:

21st - 22nd March 2020

Resorts World Arena, Birmingham

9th - 10th May 2020

First Direct Arena, Leeds

13th - 14th June 2020

Arena Birmingham, Birmingham

Three payments of £40 are required to cover entry costs for the athlete. These will be taken at reception on the following dates.

Payment 1: 5 - 9 November 2019

Payment 2: 4 - 8 Feb 2020

Payment 3: 3 - 7 March 2020

Accessibility of The Old Church

As the name suggests, we train in an old church building. Due to its age and status as a listed building, the gym currently has some accessibility issues. Anyone with a disability that affects their mobility may require help entering the building. Any athletes who may require assistance with stairs, please call or email ahead to chat to us so that we can try to find a way to fully meet your needs.

If you have any questions, please call

07867 720 524

or email momentumcheeruk@hotmail.com



Welcome to the family!

What else do I need? - Additional Costs



Training Kit

We have a range of Momentum training kit available to pre-order and purchase from our Pro Shop at reception throughout the season. We require all athletes on teams to wear Momentum-branded or plain black training kit at all sessions.

Cheerleading Shoes

All athletes will be required to independently purchase **all white cheerleading shoes** from cheerleading apparel companies such as excelcheer.co.uk and livingcheer.co.uk. Athletes must have these shoes **in time for their first choreography camps** in September.

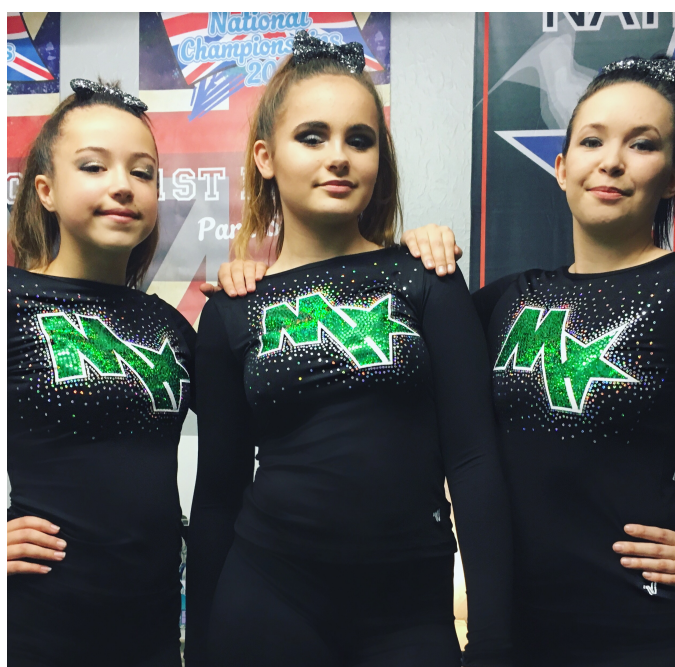
Competition Uniform

For the 2019-2020 season, our ParaCheer team will be competing in our black sequinned uniform top and plain black sports leggings. This is the second, and final, year of this uniform design before retirement.

All athletes currently in possession of this uniform are required to ensure it will still fit comfortably for the entirety of this season, and to make sure that they have a pair of plain black opaque sports leggings.

Athletes without a uniform, or needing a new size, will need to pre-order and pay for one at our front desk from 21st - 26th September 2019.

Varsity Sequinned Logo Top: £65



Incidental Costs – Transport and Spectator Tickets

Please remember that incidental costs will occur throughout the season, particularly around competitions. In particular, spectators will need to purchase their own tickets to competitions, and all athletes and spectators will be expected to make their own way to all events for the correct times scheduled for each team. For insurance reasons, staff will not be able to assist in getting athletes or spectators to any events, nor will they be able to take responsibility for athletes aged under 18 years who attend competitions without an adult present. **All athletes under the age of 18 must have a parent or guardian with them at all events** that happen outside of the Momentum gym. For these reasons, **please ensure that you budget for transport and spectator tickets to all competitions well in advance.**

