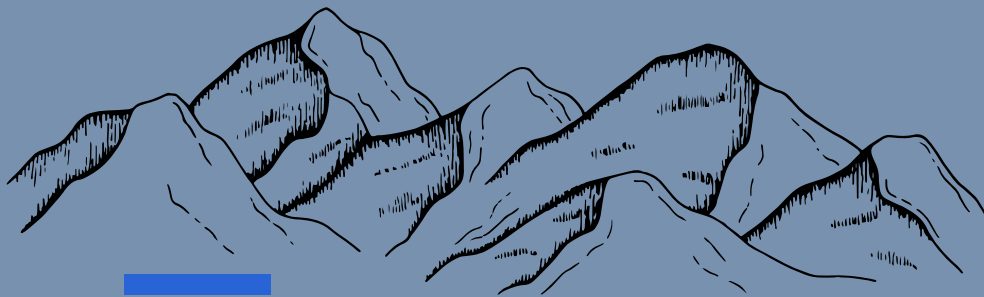
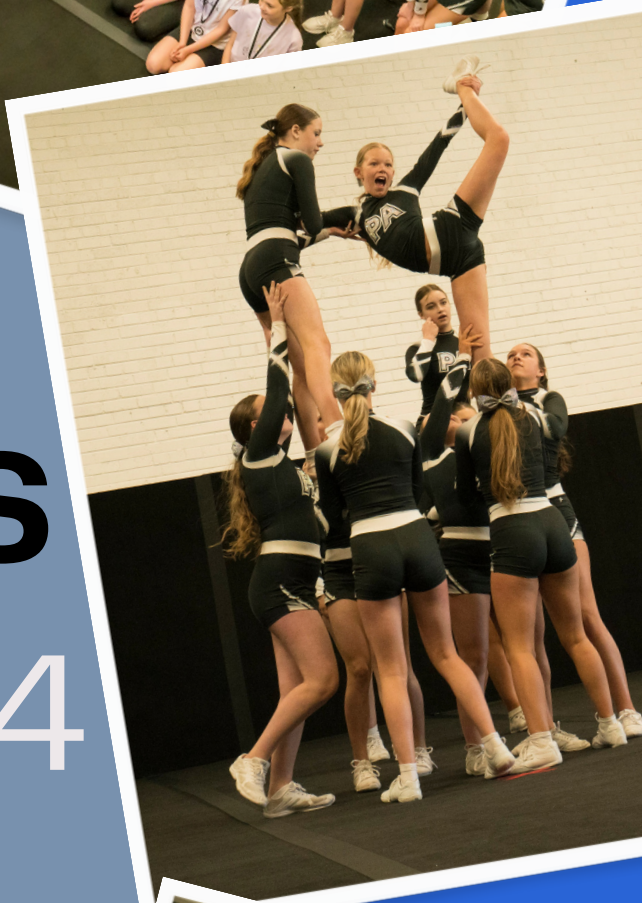




PEAK ATHLETICS 2023-2024



for more information :
www.peakathleticscheer.com



Introduction



Welcome Message

Hello and **WELCOME** to the **2023-2024** season at **PEAK ATHLETICS**.

In this pack you will find the information for the 2023-2024 season, there is a lot of information regarding training, fees, competitions, uniform etc. Please download a copy to keep for reference. We cant wait to have you on board.

NEW TO CHEERLEADING?

WELCOME Cheerleading is one of the UKs fastest growing sports with teams competing in regional and national events and the competition is fierce. Cheerleading is physically demanding with routines combining choreographed dance with gymnastics, jumps and stunts

HERE AT PEAK ATHLETICS THERE IS A CHEER TEAM FOR EVERYONE. WE OFFER BEGINNER, NOVICE, PREP AND ALL STAR CHEERLEADING



CHEERLEADING

REC

The first step on the ladder for beginner cheerleaders. Fall in love with our sport before committing to a competition season. Each week our hour long class will focus on a different element of cheerleading. The athletes will begin to build a routine to perform at our annual Showcase.

NOVICE

The first step to competitive cheerleading. Novice athletes will build a beginners routine in cheerleading and later in the season compete at their very first competition. The Novice cheer team will require a greater commitment than Rec

PREP

Our PREP teams will be training for a minimum of 1.5 hours a week. We strongly encourage athletes to continue to develop their fitness, flexibility and tumbling skills with the use of home learning and additional classes. Our Allstar teams will compete at a minimum of 3 competitions and perform their routines at our annual showcase.

ALLSTAR

All Star teams will be training for a minimum of 1.5 hours a week. We strongly encourage athletes to continue to develop their fitness, flexibility and tumbling skills with the use of home learning and additional classes. Our Allstar teams will compete at a minimum of 3 competitions and perform their routines at our annual showcase.

INTERNATIONAL

Last season we launched our INTERNATIONAL team and successfully competed in Amsterdam, this year Our international team will be working towards a SUMMIT BID. This team requires a try-out and will compete at a higher level, athletes will cross over from their All star team.

TEAMS



APEX: Beginners Cheerleading (Rec)

Age 5-10

Wednesdays 4.30-5.30pm



ASCEND: Novice Cheer (Competitive)

Age 5-8

Thursdays 4.30-5.30pm



ELEVATION: Prep Cheer (Competitive)

Age 8-11

Thursdays 5.15-6.45pm



ZENITH: All Star Junior Cheer (Competitive)

Age 12-14

Thursdays 6.30-8pm



EMINENCE: All Star Senior Cheer (Competitive)

Age 14+

Thursdays 8-9.30pm



ALTITUDE: All Star Masters Cheer (Competitive)

Age 21+

Wednesdays 7.15-9.15pm



PINNACLE: International Cheer (Competitive)

Born 2008 or earlier, 16+

TBC



TUMBLING

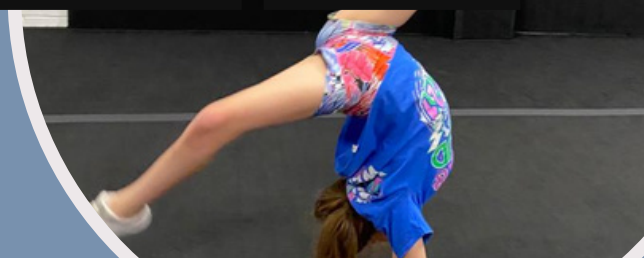
Our dedicated TUMBLE classes are for those athletes wishing to develop floor gymnastics skills and advance their tumblers for cheer teams.

WE HAVE DESIGNED 5 SEPARATE SESSIONS FOR OUR CHEERLEADERS AND AN ADDITION 'REC' TUMBLE CLASS FOR THOSE WHO WISH TO LEARN TUMBLING SKILLS WITHOUT BEING PART OF THE CHEER TEAM.

TUMBLE A	TUMBLE B	TUMBLE C	Adult Tumble	REC TUMBLE
Relative to level 1 cheerleading	Relative to level 2 cheerleading	Relative to level 3+ cheerleading	Basic floor gymnastics, suitable for all abilities	Basic floor gymnastics, suitable for all abilities
Pre requisite skills: N/A	Pre requisite skills: Forward/backwards walkover	Pre requisite skills: Standing and running Back handspring	Pre requisite skills: N/A	Pre requisite skills: N/A
Aim: Forward/backwards walkover	Aim: Front/Back handspring	Aim: Somersaults +	Aim: All tumblers in a fun and friendly session	Aim: All tumblers in a fun and friendly session

Coming Soon

TUESDAY				ADULT TUMBLE
TUMBLE A	TUMBLE B	TUMBLE C	TUMBLE (Pinnacle)	
4.30-5.30pm	5.35-6.35pm	5.35-6.35pm	6.40-7.40pm	Coming soon



CALENDER OF EVENTS



EVENT	TEAM
 23rd-24th March	ELEVATION ZENITH EMINENCE ALTITUDE
 May TBC	ALL MEMBERS
 22nd-23rd June	ELEVATION ZENITH EMINENCE ALTITUDE

Competition fees are broken into 3 yearly payments for the season. An invoice will be sent to you prior to the deadline date.

- Payment 1** → 1/10/23
- Payment 2** → 1/12/23
- Payment 3** → 1/3/24



Athletes are not permitted to miss the 3 weeks of training up to the competition

MEMBERSHIP



FEES

MEMBERSHIP FEE covers new Season t shirt, team insurance, music and choreography.

The FEE is payable in FULL by ALL competitive team athletes first training session of the season as confirmation of their place on the team. Mid season joiners: Athletes joining mid season must pay membership by the 3rd training session (amount may differ if out of competitive calendar).

TEAM	MEMBERSHIP FEE	FEES SEPT-AUG	UNIFORM	COMPETITION PAYMENT 1	COMPETITION PAYMENT 2	COMPETITION PAYMENT 3
	DUE by 1st training session	Payment taken on the 1st of each month		01/10/2023	01/12/2023	01/03/2024
CHEERLEADING						
Rec Cheer (Term time only, NO payment in August)	N/A	£28.50		N/A		
Mini Novice: ASCEND	£30.00	£32.50	tbc	tbc		
Youth Cheer: ELEVATION	£30.00	£40.00	£100.00	£36.00	£36.00	£36.00
Junior Cheer: ZENITH	£30.00	£40.00	£100.00	£36.00	£36.00	£36.00
Senior Cheer: EMINENCE	£30.00	£40.00	£150.00	£36.00	£36.00	£36.00
Masters Cheer: ALTITUDE	£30.00	£45.00	£45.00	£36.00	£36.00	£36.00
International Cheer: PINNACLE	£30.00	£45.00	N/A	tbc		
Cross over athlete	N/A	£30.00	N/A	More info on request		
TUMBLING						
Recreational tumbling (Term time only, NO payment in August)	N/A	£28.50	N/A			
TUMBLING	N/A	£32.50	N/A			
Cross over athlete	N/A	£20.50	N/A			
COMBINED TRAINING						
Rec Cheer and tumble	N/A	£48.50	N/A			

MONTHLY TRAINING FEES

All training fees are collected on the 1st of each month for that month via Direct Debit setup by PEAK ATHLETICS using our collection company Stripe. The full cost of the seasons training is split equally across the 12months and includes dress rehearsals/additional training listed above. All competition dates, bank holidays and half term training has been accounted for.

By signing up you are financially committing to the FULL 12 month season.

Uniform



Minis/Youth/ Juniors

Skort, long sleeve longline top and team bow.

Replacement bows are charged at £15.00

£100

Seniors

Skort, crop top, socks and team bow

Replacement bows are charged at £15.00

£150.00

CHEER TRAINERS

This season we will be moving into a black cheer trainer provided by varsity. We will be offering a shoe fitting day where athletes will be able to try on a range of styles

Start from £45.00

Training Venue



We are pleased to announce our new home

THE ROCK
Gladstone Street
Glossop
Derbyshire
SK13 8LX



Ready to sign up?

Click the link to complete registration

https://hosted-uk.coacha.app/member_signup/56PS1E5W00

New member?

<https://www.peakathleticscheer.com/sign-up-info>

Set up Direct Debit

Pay membership

Join the parent/athlete Facebook group for your team





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Get in Touch.



hello@peakathleticscheer.com



www.peakathleticscheer.com



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